

# The Amazing Liver

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Cleanse, Nourish and Heal. Dr. Christopher taught this over and over again. The four main regimens to cleanse are the bowel, kidneys, liver and blood. Dr. Christopher wrote the book “Guide to Colon Health” to inform the reader of the importance of cleansing, nourishing and healing the bowel and colon. Yet, have you ever wondered what part the liver has to play in our overall health?

The liver is the largest internal organ, weighing in at 2.5 to 3 pounds. It is suspended behind the ribs on the upper right side of the abdomen and spans almost the entire width of the body. It is one of the body’s most vital organs. No one has ever devised an artificial liver because it is so complex; second only to the brain. The liver has one unique feature that the other internal organs don’t have - it is capable of regenerating itself. If a portion has been removed due to injury or surgery the remaining liver can grow back and be restored to normal size within several months.

In the human system the heart has been compared to a pump, the brain to a computer and the nerves as the electrical system. However, the liver would be compared to the workings of an entire city due to the variety of



activities being performed simultaneously. It is miraculous how the liver can convert our food into living energy and give us the elements for sustaining life. The liver receives blood directly from the digestive organs, spleen, pancreas and gallbladder via the hepatic portal vein. With this nutrient rich blood, the liver filters out the nutrients and puts them into cell production.

The liver also receives freshly oxygenated blood via different arteries. It filters out wastes and other poisons in the blood and converts it into a substance that can be safely eliminated from the body. The liver filters more than a quart of blood each minute.

Our body’s fuel supply is maintained by the liver. It converts the nutrients from foods we eat such as carbohydrates, fats and proteins into simple glucose (blood sugar), or stores the fuel as glycogen. It also breaks down and converts fat for storage or distribution. The liver dismantles proteins into amino acids to be used throughout the body. It breaks down old blood cells and recycles the iron.

Bile is connected to the liver. Bile is a yellowish-green alkaline liquid which is stored in the gallbladder and is secreted into the small intestine to help break down fats. Bile contains the pigments that color the urine and feces. Bile also can cause the skin to turn yellow or jaundice.

Another important function of the liver is the production of many different hormones and proteins which affect the way the body grows and heals. Many vitamins and other nutrients like iron are stored in the liver and released when needed. Poisons such as alcohol and drugs are detoxified in the liver.

Now you can see why Dr. Christopher's Liver Gallbladder formula is key in the extended herbal cleansing regimen. Other guidelines to follow for a healthy liver are: a natural diet, exercise, clean air, drinking plenty of water, proper rest and relaxation, positive attitude, loving relationships and good communication.

Some people like to do an occasional liver flush to release stored toxins. This is usually some type of concoction of pure water, lemon juice, olive oil, garlic and cayenne. It is taken usually while fasting from food and for a few consecutive days.

Some herbs that are great for liver health are dandelion root taken as a tincture or tea. It will invigorate liver function, stimulate the purification of blood and help with the removal of toxins. Rosemary is also stimulating to the liver. Licorice root may detoxify and reduce the accumulation of fatty acids in the liver. Garlic, the healing hero, is a good tonic as well as other hepatic herbs.

The liver does so much to maintain this marvelous body of ours; it's time we paid a little attention to it as well.

*Mishelle Knuteson is certified in Rapid Eye Technology (RET) an emotional release therapy, teaches classes in The Art of Feminine Presence and a Master Herbalist ~ graduate of The School of Natural Healing. Mishelle currently works as an Educative Master Herbalist (MH) for The School of Natural Healing and as Office Manager of Christopher Publications.*