LIVER Health

Keep Your Liver Healthy

Liver Health

Disclaimer

We hope you enjoy reading this publication, however we do suggest you read our disclaimer.

All the material written in this document is provided for informational purposes only and is general in nature.

Every person is a unique individual and what has worked for some or even many may not work for you. Any information perceived as advice must be considered in light of your own particular set of circumstances.

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Every attempt has been made to provide well researched and up to date content at the time of writing. Now all the legalities have been taken care of, please enjoy the content.

Introduction

Not counting our skin, the liver is our largest organ, and it has to be! It is also our most likely under-appreciated body part. Our survival, and our health, is extremely reliant on our liver.

The list of essential tasks the liver performs is huge, and it does them in the background, automatically, with no conscious input on our part. Many people go through their whole lives giving it little thought and even less respect.

This incredible organ cops a mass of abuse, dealing dietary and environmental toxin overloads it was never designed for. Up to a point it does so with little complaint, as the liver has an almost unbelievable ability to self-repair and even re-generate.

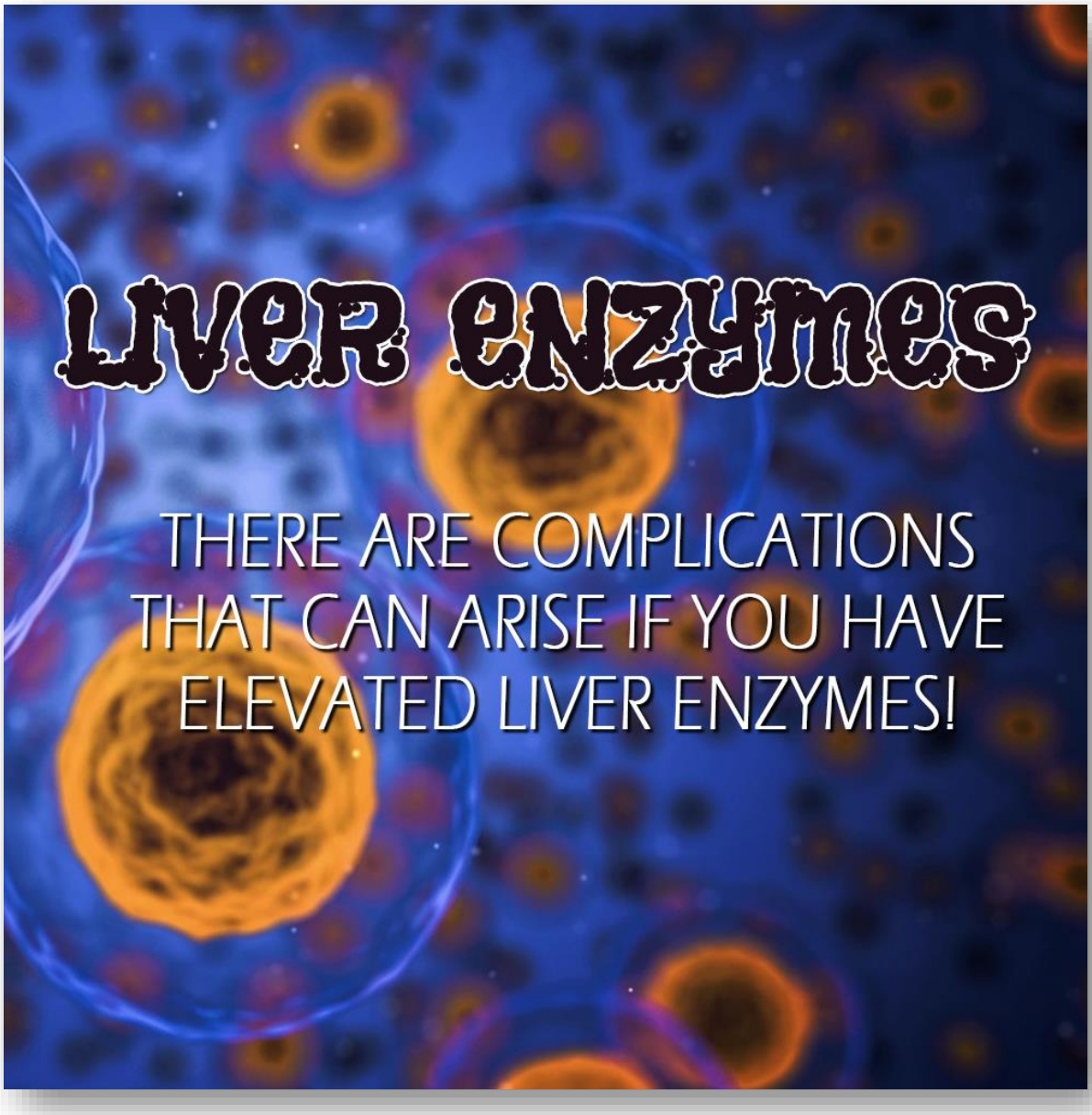
However, when the liver's functions are compromised, through injury, disease or unintentional self-abuse, everything else in our bodily system is affected, as the function of every other system is in some way dependent on the liver.

This eBook gets straight to the core of liver problems that affect most people today. It discusses the conditions and the causes, and also steps individuals can take to help restore their liver to better health.

For most of the lifestyle-related issues that affect the liver (which most are) there are simple and natural solutions that can improve your health and quality of life as a result.

Elevated Levels of AST and ALT Liver Enzymes

The liver plays a crucial role in detoxifying the body. It also produces proteins that are used for clotting the blood and for drawing fluid into the blood vessels, and it is responsible for metabolism, filtration, excretion and storage.



These processes need the help of certain enzymes to help speed up chemical reactions, so that body functions are performed and completed unconsciously, as nature intended. These enzymes are vital to the optimal functioning of the liver. However, there are times when they may reach elevated levels for various reasons.

Elevated Liver Enzymes

Normally, the liver enzymes dwell within the cells of the liver. If the liver becomes damaged these enzymes may leak into the blood stream, thereby increasing the level of enzymes beyond normal limits.

These enzyme levels may be elevated acutely (short term), which may result from a sudden, recent liver injury. They may also be chronic or long-term due to a liver injury that has been occurring for a long period of time.

If the elevation is mild, this translates to a mild liver injury. However, there are times when these enzymes are severely elevated, even as much as 20 times higher than the normal level, and this means serious liver damage may have resulted.

Two of the most common enzymes found are AST and ALT or 'aspartate aminotransferase' and 'alanine aminotransferase', respectively.

If a person suffers from an acute injury to the liver, such as viral hepatitis, their levels of AST and ALT will be measured by the doctor to determine the severity of the liver damage.

Causes of Elevated Liver Enzymes

The most common cause of liver enzyme elevation is fatty liver disease and chronic hepatitis C. Another cause of exhibiting high liver enzyme levels is from the use of medications such as aspirin, acetaminophen, naproxen, diclofenac, ibuprofen and other pain relieving medications.

Antibiotics such as isoniazid, sulfonamides and trimethoprim can raise the levels of liver enzymes. Cholesterol lowering and anti-seizure drugs can cause the same problem.

Other Causes of Elevated Liver Enzymes

Elevated liver enzymes can be caused by clinical implications such as:

- metastatic liver tumor
- toxic hepatitis
- active cirrhosis
- pancreatitis
- severe burns
- trauma
- myocardial infarction
- acute hemolytic anemia
- gangrene
- shock or crushing injuries.

Symptoms of High Liver Enzymes

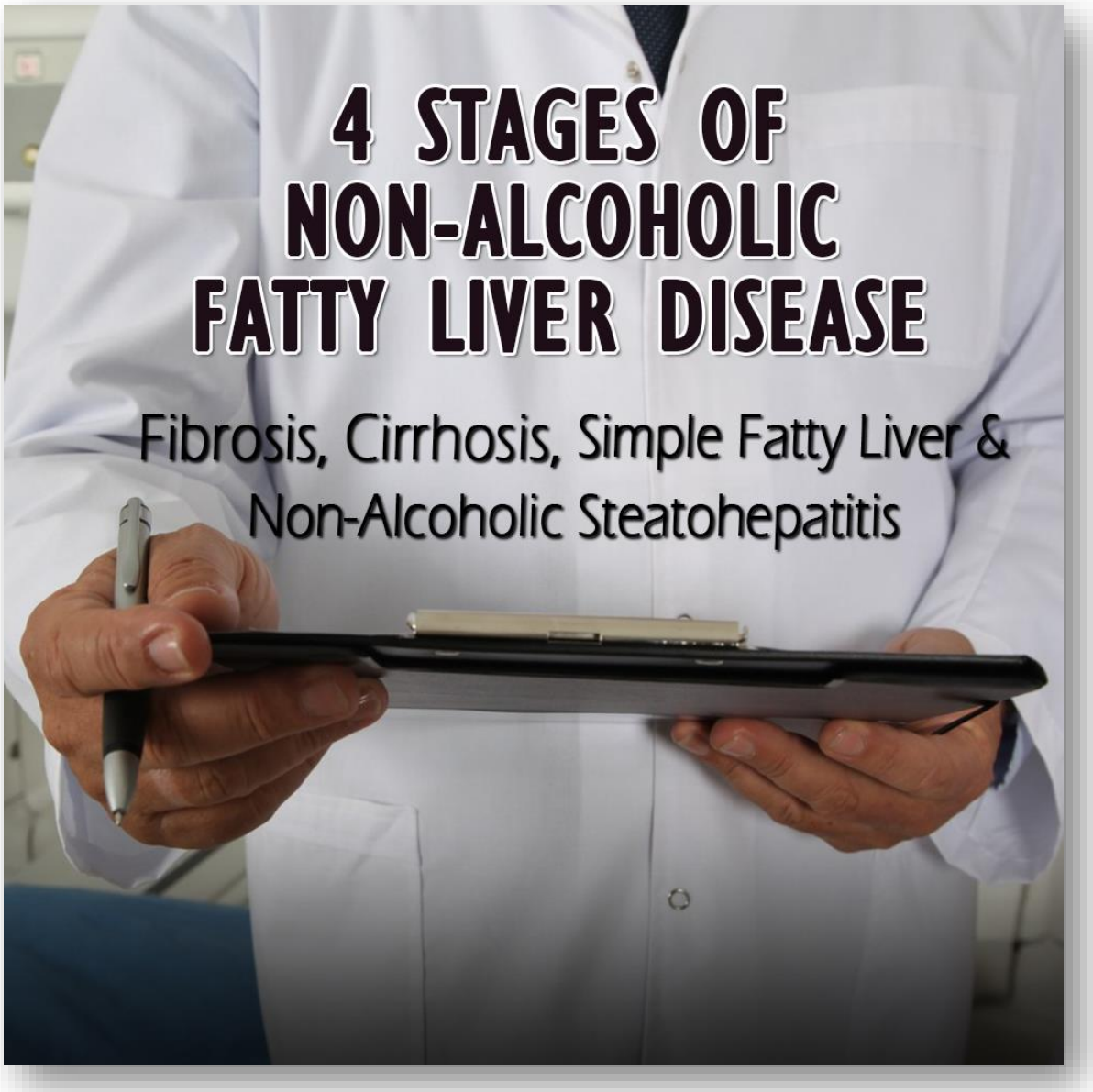
Some individuals who have high levels of liver enzymes may not experience any symptoms at all, such as in cases of NASH (non-alcoholic steatohepatitis), chronic hepatitis B or C, and early alcoholic liver disease. In the case of acute liver disease the person with raised levels of liver enzymes may find they experience nausea, vomiting, abdominal pain and tenderness, itching and a loss of libido.

Others may feel weak and tired. There are also individuals who bleed easier, as blood clotting problems can be caused by liver damage.

Tests can be performed to check your liver enzyme levels. Once checked, your doctor will determine what may be the cause and what you can do to alleviate or fix the problem. Understanding what might be the cause will be the first step in planning any lifestyle and medical remedial actions.

Non-Alcoholic Fatty Liver Disease

A fatty liver occurs when there is an excessive amount of fat accumulation in the cells of the liver. This is usually caused by consuming too many dietary fats, that is, more than the body is capable of handling.



A patient may be diagnosed with a 'simple fatty liver' if the fat build up is at least 5% of the liver. Once a fat build-up occurs, the liver can become more susceptible to further damage which can lead to scarring.

Four Stages of Non-Alcoholic Fatty Liver Disease

1) Simple Fatty Liver

A simple fatty liver is where an excessive amount of fat is accumulating in the liver. This occurrence does not usually cause liver problems for most people. However, in some cases it can progress into a more severe form of non-alcoholic fatty liver disease.

2) Non-Alcoholic Steatohepatitis

Non-Alcoholic Steatohepatitis or NASH is a condition where the excess build-up of fat leads to liver inflammation. An individual with NASH may be found to have elevated levels of liver enzymes.

A similar condition may occur among individuals who are alcoholics, but only non-alcoholics can be diagnosed with NASH.

The exact cause of Non-Alcoholic Steatohepatitis still remains to be discovered. Research shows that NASH is more common among individuals who have insulin resistance, glucose intolerance or diabetes. It is also more common among people who are classified as obese.

3) Fibrosis

If there is an excessive amount of accumulated scar tissue in the liver, the person may be diagnosed with liver fibrosis. This condition occurs as a result of ongoing inflammation and cell death within the liver.

Nodules in the liver form, as dying cells are replaced. When cells start to regenerate the liver becomes hard due to the tough fibrous scar tissues.

4) Cirrhosis

As a result, the liver becomes scarred and damaged and can no longer function properly. Cirrhosis will also cause the liver to shrink and harden. In turn, nutrient-rich blood has difficulty reaching the liver and this can have negative impacts on the entire body.

Who is at Risk of NAFLD – Non-Alcoholic Fatty Liver Disease?

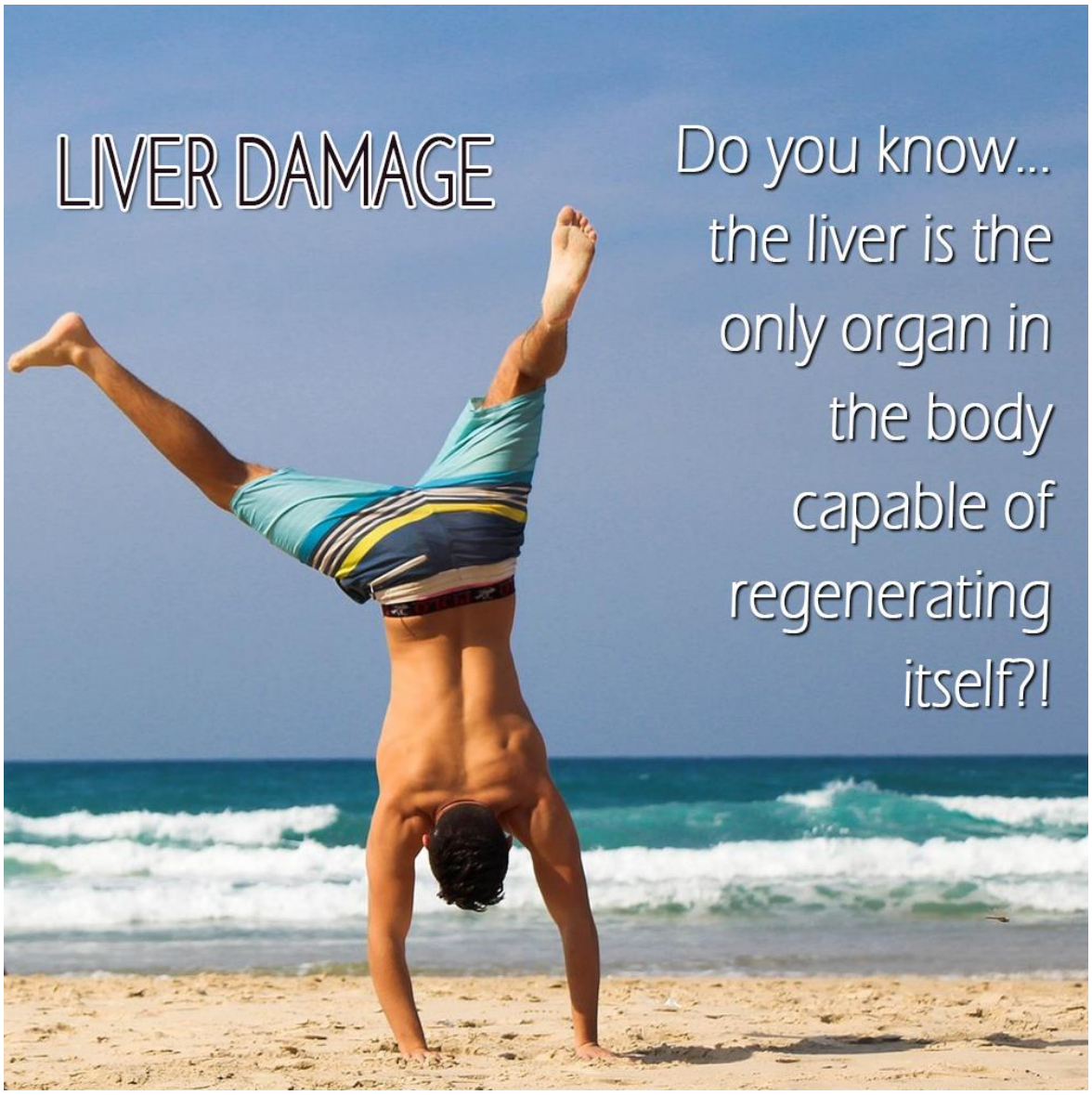
Here is a list of people who may be more at risk of developing non-alcoholic fatty liver disease:

- According to research most cases of NAFLD occurs in patients who are obese or overweight.
- People who are diagnosed with type 2 diabetes are also more prone to having NAFLD. However, the same is not true in regards to individuals with type 1 diabetes.
- People who have high cholesterol and triglyceride levels also face a higher risk of being diagnosed with NAFLD.
- Men and women who have undergone surgery in an effort to lose weight are also at a high risk of developing NAFLD.
- Some rare cases of NAFLD have also been found with patients who have used tamoxifen and methotrexate medications for long periods of time.

If you believe you are at risk, speak to your doctor to see what steps you can take to minimize your risk and help your liver overcome any potential problems. The sooner you act, the sooner you can prevent the condition progressing further.

Liver Damage and Liver Resiliency

The liver is the second largest organ of the body and is one of the hardest working. It is responsible for processing everything that is ingested, both good and bad. It helps in the proper digestion of food and absorption of nutrients. It filters substances and repackages them for the body to use while toxins are eliminated.



Without the liver, chances of survival is nil. So if you have an unhealthy liver, can the damage be reversed?

In some cases, if the damage hasn't reached the point of no return, the answer is yes, as the liver is the only organ in the body capable of regenerating itself. The damaged tissues are replaced with new ones.

Liver Damage

Propensity to liver damage can be hereditary. It can be caused by viruses or high levels of toxicity, which is common among heavy alcohol drinkers. Drugs can also increase toxicity thus causing liver damage.

If an individual suffers from a Tylenol overdose, the amount of cell damage that can occur in the liver can reach up to 60% in three to four days. Barring complications, these damaged tissues can be replaced after a month.

This complete regeneration can lead to a healthy looking liver that shows no sign of damage at all, after a month or even less. However, liver regeneration becomes difficult if progressive scarring occurs. This usually occurs when hepatotropic viruses attack the liver. Continuing excessive alcohol intake can also greatly affect the liver's resiliency.

Once scar tissue develops, the risk of the liver not being able to repair itself increases. Cirrhosis is an example of a condition characterized by severe scarring of the liver tissues. Being diagnosed with cirrhosis means liver disease is in a late or final stage. When a person has cirrhosis, their chances of suffering from its complications increases.

This is because the scarred tissues are affecting the proper flow of blood to the liver. When the flow of blood and other fluids are blocked by this scar tissue, the liver is incapable of adequately filtering and ridding the body of harmful toxins.

How Continued Alcohol Intake Affects Liver Resiliency

There are cases when the liver is subjected to constant abuse, such as when an individual drinks alcohol daily, or almost daily. The liver is constantly trying to

repair certain tissues. As a result, the liver becomes extremely scarred and is incapable of performing its normal functions.

Some cases of liver damage caused through alcohol abuse have been reversed, however, that only occurs if the patient is prepared to take immediate action and stop drinking.

The healing process can start once the drinking of alcohol ceases completely. If the damage is severe, self-repairing may take months if it can be repaired at all. If the damage is irreparable, naturally reversing the liver damage is impossible.

In most cases, if the liver is given proper care and treatment, its tissues can regenerate and the filtration system can work efficiently again. If continued scarring takes place permanent damage will be more likely to occur. This is when the condition can become life-threatening.

Why Alcohol is Dangerous to the Liver

Excessive and long-term use of alcohol is a common cause of liver damage and mortality. If a person continues to ingest large amounts of alcohol on a regular basis, fatty liver disease may progress into hepatitis and/or cirrhosis.

The liver produces acetaldehyde once alcohol is ingested. Acetaldehyde is a toxic enzyme that destroys the liver and causes scarring. Alcohol intake leads to dehydration, and the liver needs lots of water for it to function at an optimum level. If a person drinks alcohol to excess, fats will build up and fatty liver disease may develop. Fatty liver can still be reversed if scars have not yet formed.

If the liver becomes inflamed because of long-term alcohol abuse, the person faces the risk of developing alcoholic hepatitis.

Symptoms of liver damage include jaundice, frequent abdominal pain, dark colored urine, tar-colored stools, and swollen legs and ankles. If you have some or all of these symptoms, it’s time to get a medical checkup, specially for the liver.

High Fructose Intake Leads to Liver Damage

Once fructose enters the liver a series of chemical transformations begins. One of these chemical transformations includes the use of fructose to produce fat. This process is what we commonly refer to as lipogenesis. Once the liver has enough fructose, fat droplets will start to accumulate inside the cells of the liver.

This accumulation of fats in the liver can further develop into a disease called non-alcoholic fatty liver disease. The same occurrence can be observed in the liver of alcoholic individuals.

High Fructose Intake Leads to Lower Liver Energy Stores

Research shows that obese people with type 2 diabetes, and who regularly consume high amounts of dietary fructose, have been found to have reduced levels of ATP or adenosine triphosphate in the liver - low liver energy stores.

According to one study which was published in the journal *Hepatology*, having elevated levels of uric acid may lead to severe hepatic ATP depletion as one of the results of high fructose intake.

A separate study conducted by the National Institute of Diabetes and Digestive and Kidney Disease, revealed that having an increased amount of uric acid in the body is a significant marker of increased fructose consumption, as well as hepatic ATP depletion.

Unfortunately, a high intake of dietary fructose can make significant changes to the body's energy balance and metabolism. Energy depletion in the liver has been linked to liver injury among people who have been diagnosed with non-alcoholic fatty liver disease.

Plus, researchers emphasize that higher uric acid levels and lower ATP stores caused by high fructose consumption translates to an increased risk of impaired liver function.

Sources of Fructose

Fructose is a form of simple sugar that can be used by the body as fuel. This form of sugar can be obtained through the consumption of fruits and vegetables.

However, the problem is that fructose is sold abundantly in the form of HFCS - high fructose corn syrup - (a mixture of fructose and glucose), which diet and nutrition experts claim and acknowledge, has terrible effects on people's health.

Fructose used to be a minor part of our diet as it was sourced mainly from fruits and vegetables. Today, fructose is present in many foods that are sold in the grocery stores and in fast food restaurants.

High fructose corn syrup is found in many pastries, cereals, fruit drinks, sauces and condiments, sodas, biscuits, many packaged foods and fizzy drinks.

Where at all possible, do not consume foods containing HFCS. It's also very addictive, which is why many people crave 'the bad foods'.

High Fructose Consumption Can Speed Up Liver Aging

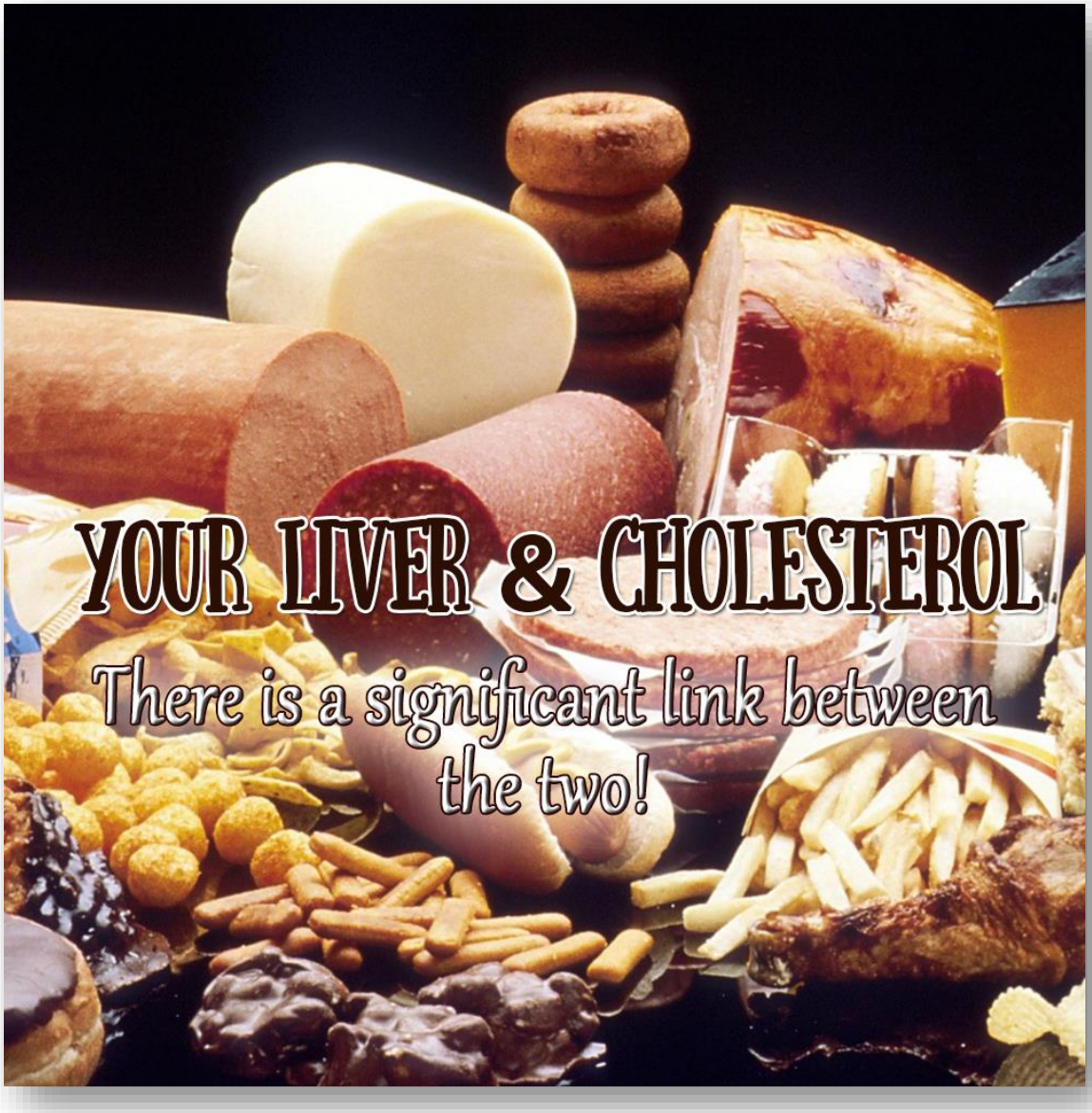
Fructose accelerates the aging of the liver and this occurrence may have something to do with contributing to obesity. Fructose, when consumed in high amounts can wreak havoc to health and several studies have already proven this claim.

Fructose damages the liver in an almost similar manner as alcohol does. Fructose cannot be used by every cell in your body. The reason is the liver is the only organ that has the 'transporter', and the capability for metabolizing fructose.

Since almost all fructose goes to the liver, eating a diet high in HFCS and other foods that contain fructose means the liver becomes taxed in the same way it does with alcohol and other toxins.

Your Liver and Cholesterol

What do you think about when you hear the word cholesterol? Do you immediately think of fatty foods and heart health problems? This isn't surprising because we have been told by 'experts' that having high cholesterol levels is a major cause of heart disease.



However, what many of us don't know is that the liver has a significant link to our body's cholesterol production.

The Two Types of Lipoproteins

There are two types of lipoproteins, namely LDL (low density lipoprotein), and HDL (high density lipoprotein).

- LDL Cholesterol

LDL is termed the bad cholesterol because it is the lipoprotein that sticks to the artery walls which leads to plaque formation and can cause cardiovascular disease.

LDL cholesterol is necessary for proper functions, but only in small amounts. Unfortunately, due to modern lifestyles, most people have an excess, and this when it becomes BAD.

- HDL Cholesterol

HDL is called the good cholesterol. It is vital for many important functions, such as the production of bile acids, which are essential for the process of digestion.

As this cholesterol reaches the cells and tissues, new cell membranes, hormones, bile acids and vitamin D are also be produced. It also helps regulate LDL cholesterol.

The Liver Produces Cholesterol

Cholesterol is made up of fat. These are the types of fats or lipids that are collectively referred to as sterols. The liver is where the main production of cholesterol takes place and this explains the significant link between the liver and cholesterol.

The amount of cholesterol that is present in your system depends on how much is being produced by your body naturally and how much cholesterol you take in from dietary sources.

The Liver Regulates and Removes Bad Cholesterol

Besides manufacturing and secreting LDL cholesterol into the blood, the liver is also tasked with regulating or removing bad cholesterol from the blood. This is when the liver oxidizes cholesterol into bile acids so that they can be brought into the bile ducts and then released into the intestines.

However, if the level of cholesterol in the bile is too concentrated and stays longer than necessary in the gallbladder, it may become crystallized and turn into gallstones.

The Liver and LDL Receptor Sites

A well functioning liver contains plenty of LDL receptor sites that sit on the liver cells surface. If these LDL receptor sites are functioning correctly, the removal of the LDL cholesterol from the bloodstream occurs quickly, which results in having low levels of bad cholesterol.

However, why is it that some people have very high levels of bad cholesterol in the blood even though there are LDL receptor sites in the liver? This occurrence can be caused by the following:

Familial Hypercholesterolemia

There are individuals who are born with familial hypercholesterolemia which is a genetic disorder - it can be inherited. The person affected with this disorder may either have less than normal or even zero LDL receptor sites.

Those who are diagnosed with this disorder are usually prescribed statins.

Unhealthy Diet

One of the most common causes of exhibiting high cholesterol levels is due to eating an unhealthy diet. A high sugar and high fat diet makes it hard for the liver to function correctly, and as such, the liver literally becomes clogged up.

This causes a cholesterol buildup which makes it hard for the liver to clear the receptors, and the process of removing the LDL cholesterol no longer functions as it should.

Although statin drugs are usually prescribed to 'fix' this problem, it certainly isn't the best option, which many are people are discovering today.

The best way to 'fix' the problem is to make healthy lifestyle changes, starting with diet and exercise.

Thyroid and Liver Health

The body is made up of a complex system of organs that perform complicated and interwoven tasks, and for many of us these processes are beyond our understanding or knowledge.

However, if one part of our body isn't functioning properly, we are usually made aware that another part is affected. That's because there is a cascade effect.

In the case of the liver, if the liver is not functioning properly, the thyroid gland may become affected (and many other parts can become affected too).

Liver Health Influences Thyroid Health

A healthy thyroid gland also depends on a healthy liver. The thyroid gland produces T4 and T3 hormones, or thyroxine and triiodothyronine respectively. These hormones play a crucial role in regulating the metabolic rate or the speed at which the body is capable of burning calories. These hormones also have a huge impact on a person's energy levels and maintenance of normal body temperature.

Where Does The Liver Fit In Regards to the Thyroid?

The thyroid hormone T4 is not an active form of thyroid hormone. It still has to be converted into T3 so that the body can use it and this is where the liver plays a very important part.

The majority of the processes that are required to convert T4 into a usable form occur in the liver. In fact, 60% of the thyroid hormone T4 is converted into T3 in the liver. Therefore, if you are suffering from liver problems, such as fatty liver disease, the process of conversion can't perform the way it should.

Other processes involved in the conversion take place in the muscles and kidneys. If the conversion of T4 into T3 can't be completed due to poor liver health, the person is more likely to experience tiredness, puffiness, skin dryness, hair thinning and symptoms of depression.

Non-Alcoholic Fatty Liver Disease Linked to Hypothyroidism

A study conducted revealed a significant link between hypothyroidism and NAFLD (non-alcoholic fatty liver disease). Researchers discovered that as the

hypothyroidism increased, abnormal levels of liver enzymes also progressively increased.

The details of the findings showed that 29.9% of the study participants who had ‘subclinical hypothyroidism’ were also found to have NAFLD.

Individuals who are diagnosed with ‘subclinical hypothyroidism’ are those patients who experience few or no signs and symptoms of thyroid dysfunction, and their condition is only determined through a laboratory diagnosis.

For patients with ‘overt hypothyroidism’ or those who have a more progressive version of hypothyroidism, 36.3% were found to have abnormal levels of ALT. The findings of this study proved the significant link between NAFLD and hypothyroidism.

The Liver and the Thyroid Affect Each Other in Many Ways

The liver and the thyroid hormone plays a crucial role in the process of synthesizing and breaking down cholesterol and other lipids. However, if this process becomes sluggish due to liver problems the person may have high levels of cholesterol and triglycerides.

This then leads to an increased risk of hypothyroidism and Hashimoto’s disease. The thyroid hormone influences the detoxification pathways found in the liver and this can largely affect the insulin growth factor and cytochrome enzymes that are vital to the metabolism of drugs and other toxins in the liver.

However, if the detoxification process in the liver slows down, the person will eventually have toxins build up in their body, which will impact on health in many ways.

Tips to Protect Your Liver Against Toxic Overload

It is impossible to isolate ourselves from all toxins present in the environment, unless we are fortunate enough to live in an area that is free of toxic, polluting substances.

This is why it is important to do what is humanly possible in other areas of our life, in order to reduce our risks of this continued exposure to environmental pollutants.

If we don't at least try, we run the risk of overloading our body, in particular our liver, with a toxic onslaught day in and day out.

Overloading the liver with toxins eventually causes liver problems, and liver problems will lead to compromised health and wellness in all body functions.

Here are some ways you can help reduce the impact that toxins have on your liver.

Avoid Or At Least Limit Alcoholic Beverages

Alcohol is recognized by the liver as a toxin, because of its dangerous effects. Once it is digested, your liver produces acetaldehyde which damages the cells of the liver. This is why drinking too much alcohol can eventually lead to alcohol-related liver diseases.

The National Institute on Alcohol Abuse and Alcoholism states that having three alcoholic drinks at any one time is toxic for the liver.

Therefore reduce, or give up drinking alcohol to protect your liver's health.

Be Wary Of Taking Non-Prescription Medications

Taking painkillers, such as acetaminophen can increase the risk of liver damage. Although these drugs have been labeled as being 'safe', liver toxicity may still occur, especially if more than 4,000 milligrams are taken in a day.

The risk of liver disease becomes even higher if other medications are also taken, as most people are not aware that many other medications may also contain certain amounts of acetaminophen too.

Avoid And Reduce Exposure To Environmental Toxins And Pollutants

As we said above, it's difficult to remove yourself from environmental toxins. However, there are some safety precautions you can take in regards to some toxic chemicals.

There are many cases of liver disease which have been linked to exposure to highly toxic metals such as lead. Lead is commonly found in paint, some gasoline, solders and ceramics.

Mercury is another common environmental toxin that contributes to liver damage. Mercury is found in fungicides, batteries and dental fillings.

Organochlorine pesticides have been linked to cases of liver disease. Increased consumption of fatty foods and dairy products that are contaminated with organochlorine pesticides may also pose harm to the liver.

Lastly, one severe environmental toxin is tobacco smoke. Therefore, for the sake of your liver, avoid smoking and/or exposure to second-hand tobacco smoke. Remove yourself from the area immediately.

Minimize Eating Processed Foods

No matter how tasty the food manufacturers make their highly-processed foods, they are not nutritious and should not be considered healthy. One of the best ways to keep a healthy liver is to reduce the intake of all processed foods.

These foods usually contain excess sodium, excess sugar, additives, artificial flavorings and preservatives. All these 'ingredients' burden your liver.

Always choose whole foods instead. If you take the time to prepare your own foods you can watch your sodium and sugar intake. Eat healthy foods and become super healthy.

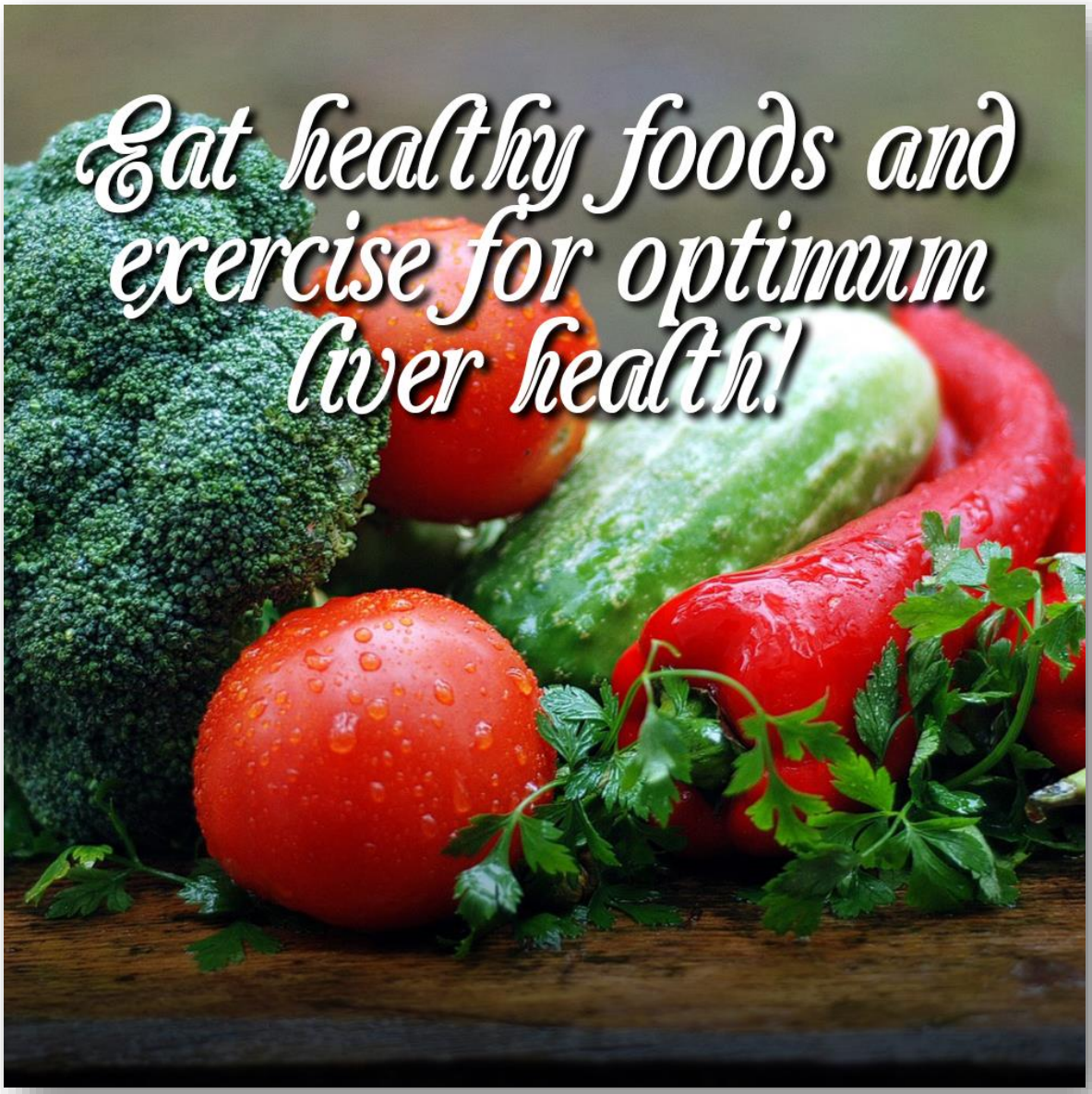
Add Kombucha Tea To Your Diet

Kombucha is known for its ability to help detoxify the liver. It contains bacterial acids and enzymes that are also produced by the body. Drinking kombucha tea regularly assists your liver in its process of cleaning out toxins.

However, you need to be cautious about drinking home-brewed and unpasteurized kombucha. This is because preparing kombucha tea under non-sterile conditions may jeopardize its safety as it can contain unhealthy bacteria.

Diet and Exercise Tips for Fatty Liver Disease

Fatty liver disease is also referred to as NAFLD or non-alcoholic fatty liver disease. According to experts this condition is usually caused by a high consumption of sugar and flour based foods.



Today different types of sugars are found in so many food products. People are consuming excess sugars without even realizing they are. For example, those 'healthy' snack bars are not as healthy as you think.

Sugar turns on the fat-production factory in the liver. With the addition of fructose in foods, which is a type of sugar, it is not surprising that the number of people suffering from fatty liver disease is growing.

If you have been told you have a fatty liver, you may want to follow some of these lifestyle tips below.

Stay Away From Foods With HFCS
(high-fructose corn syrup)

HFCS is evil. Your liver thinks it's evil, so avoid eating foods containing this substance. Many experts believe that the increased consumption of foods containing high fructose corn syrup is one of the reasons why so many people suffer with a fatty liver.

To avoid HFCS read ALL the food labels and leave products containing HFCS on the shelf. You may be surprised where this ingredient is lurking.

Stay Away From Foods Made From Processed Grains

Grains are great sources of dietary fiber, minerals and vitamins. However, once they are processed and made into flour they lose much of their nutritional benefits.

In addition, white flour no longer contains little or no fiber value. The grains are also often not healthy for the liver due to their many chemical processes. They are subjected to chemicals and pesticides, which are toxic to the liver.

Eat Healthy, Whole Foods And Watch Your Protein Intake

Include more plant-based foods in your diet. Pay more attention to foods that heal and promote liver health, such as tomatoes, beets, carrots, walnuts, avocados and spinach. If you choose to eat animal meat, opt for lean cuts.

You need protein to survive, however, if you are trying to heal your liver, just remember to minimize your meat (and protein) intake for a little while, because your body cannot process protein well if your liver functioning is impaired. You also need to avoid foods that contain saturated fats.

Get Out In The Sun And Exercise

Exercise is a great way to improve the body's ability to metabolize and use insulin, while also improving the symptoms of fatty liver disease. Needless to say we all know how important sunlight and exercise is for our health. Exercise is crucial for your entire body's optimal functioning.

A study published in the *European Journal of Gastroenterology and Hepatology* revealed that undergoing nutritional guidance for three months, combined with a one-hour exercise session per week, helped improve fatty liver disease among obese teenagers.

Speeding Up The Healing Process With Natural Supplements

Ask your health care provider regarding the use of natural supplements for speeding up the healing process of your liver. Milk Thistle, N-Acetyl-l-Cysteine and lipoic acid are a few examples that can help boost the production of glutathione, which is beneficial for the liver.

You can also ask your doctor about magnesium and B vitamin supplementation for better liver health.

Liver Healing Herbs

Your liver is one of the hardest working organs and you cannot live without it, so don't take it for granted, give it a helping hand whenever you can. If you have been diagnosed with a liver disease, treading the natural path of liver healing may prove to be a very wise decision on your part.

To help you get started, here are a few natural plant products that will help your liver heal.

Milk Thistle

Milk thistle contains an active component called silymarin which has the ability to support and protect liver health. This herb has earned its reputation in treating alcohol-related liver diseases, such as cirrhosis as well as chronic hepatitis.

The silymarin content has proven to help optimize and maximize the cleansing and detoxifying abilities of the liver. This active compound is found to help liver cells prevent the entrance of certain toxins, while the toxins that already in the liver cells are neutralized.

This makes milk thistle an ideal supplement for people who want their liver to be protected against the adverse effects of harmful chemicals such as acetaminophen, alcohol and carbon tetrachloride.

Dandelion

The dandelion plant is a good source of potassium, zinc and iron. It provides vitamins A, C, D and B complex. One of the most impressive benefits of dandelion is its ability to stimulate the production of bile that flows between the liver and gall bladder, which improves the functioning of the liver.

The bitter constituents of dandelion roots have been found to be highly volatile and are used by herbalists to isolate toxins in the liver and remove them from the body.

Burdock Root

Besides stimulating bile flow and boosting liver health, burdock root helps to restore damaged liver cells. Burdock root is a favorite blood purifier and immune system stimulant used by Ayurvedic medicine practitioners.

This herb can be purchased as cut root chunks and are easy to prepare as teas. In addition, burdock root is contains polyacetylene which has antibacterial and antifungal properties.

Artichoke

Studies have shown that artichokes contain compounds that are effective for speeding up liver cell regeneration. What makes artichokes excellent for liver health is its natural defense against hepatoxicity.

This means its active compounds are capable of guarding your liver against carcinogens, toxins and other outside pollutants.

Artichokes are loaded with cynarine and silymarin which are beneficial for assisting bile flow and production. It is also used for the prevention of gallstones and has been found effective for treating jaundice. Its dried leaves can be combined with its flower buds to make a tincture.

Turmeric

Turmeric is famous for its curcumin content which provides a potent anti-inflammatory effect. Most ailments of the liver are caused or made worse by inflammation, therefore it would be wise to include turmeric into your natural liver treatment plan.

Plus, there's another benefit to turmeric backed up by scientific evidence, and that is that turmeric may be effective in killing some liver tumors and cancer cells.

All of these items are readily available, either at the grocer's or the health food store. Are you ready to go shopping now for some healthy, healing liver herbs?

Liver Cleansing Juices

Whatever we eat or drink, it's gong to affect the health of our liver, be it good or bad. Therefore, if you want a healthy liver you can begin to make conscious decisions in regards to your diet. One of the best ways to keep your liver functioning optimally is by drinking healthy juices.

Lemon Juice

When talking about liver health and detoxification nothing beats drinking lemon juice! In terms of popularity and fame, lemons have the ability to clean the liver from toxic substances.

Its antiseptic properties protect the body from infections while aiding in the process of cleansing the body of any forms of impurities.

Lemons act as a stimulant to the liver and as a solvent for toxins and uric acid. It is also a vitamin C powerhouse, making it capable of producing glutathione. Glutathione neutralizes toxins, thereby making lemons a perfect addition to your liver detox regimen.

According to experts, the elements found in lemon juice allow the liver to produce more of its vital enzymes, so if you want your liver to work more efficiently, drinking lemon juice is definitely one of the best things you can do.

Cranberry Juice

Cranberry juice is known to help the body get rid of calcium oxalate which is a major contributor to kidney stones. Cranberry juice supports liver health with the help of its vitamin C content.

Vitamin C is important for decongesting the bile so that the liver has the ability to metabolize fats.

Another reason why cranberry juice is ideal for liver cleansing is due to its antioxidants. Cranberries have proanthocyanidins which have been found to provide iron chelating capabilities.

This means that the antioxidant content of cranberries are capable of binding to toxic metals and drugs to make it easier for the liver to remove them from the body.

Kale Juice

Kale juice possesses protective effects for the liver as it is beneficial for supporting the entire detoxification phase. It aids the body in getting rid of harmful toxins while helping it to rebuild at a cellular level.

A study published revealed that Tuscan kale helps boost the functioning of the liver due to its high amounts of organosulphur and flavonoids. These antioxidants also work to neutralize free radicals and prevent the onset of molecule oxidation.

Another bonus obtained from the regular inclusion of kale juice is its beta carotene content which is beneficial for improved immune system functioning.

Beet Juice

Beet juice is a wonderful addition to your liver cleansing routine for several reasons.

Firstly, beets help betaine stay intact. Betaine is a substance instrumental in boosting the liver's ability to expel toxins.

Secondly, beets active compounds work to defend the bile duct which is crucial in maintaining the proper functioning of the liver.

Thirdly, beets are loaded with nutrients that help promote optimal health such as betalains, betacyanin, iron, fiber, betanin and folate.

Drinking any of these juices is going to help your liver, so add these to your shopping list and enjoy different juices daily. You don't have to stick to just one!

Conclusion

You will now be aware that the problems besetting most livers today are caused by lifestyle influences.

Our livers are designed to help filter, modify and eliminate those things we ingest that might cause us harm, but not in the volumes they are often subjected to, nor for as long.

In many or even most cases, improving our liver health is not something that needs to be outsourced, however, if we continue to abuse it, medical help may become necessary.

Before that happens, taking some mindful self-responsibility could be the greatest thing you do to affect your life-long health, longevity and enjoyment of life.

Because if your liver stops performing as it should, you are unlikely to recognize the cause, as its effects will show all over your body, and in everything you do.