

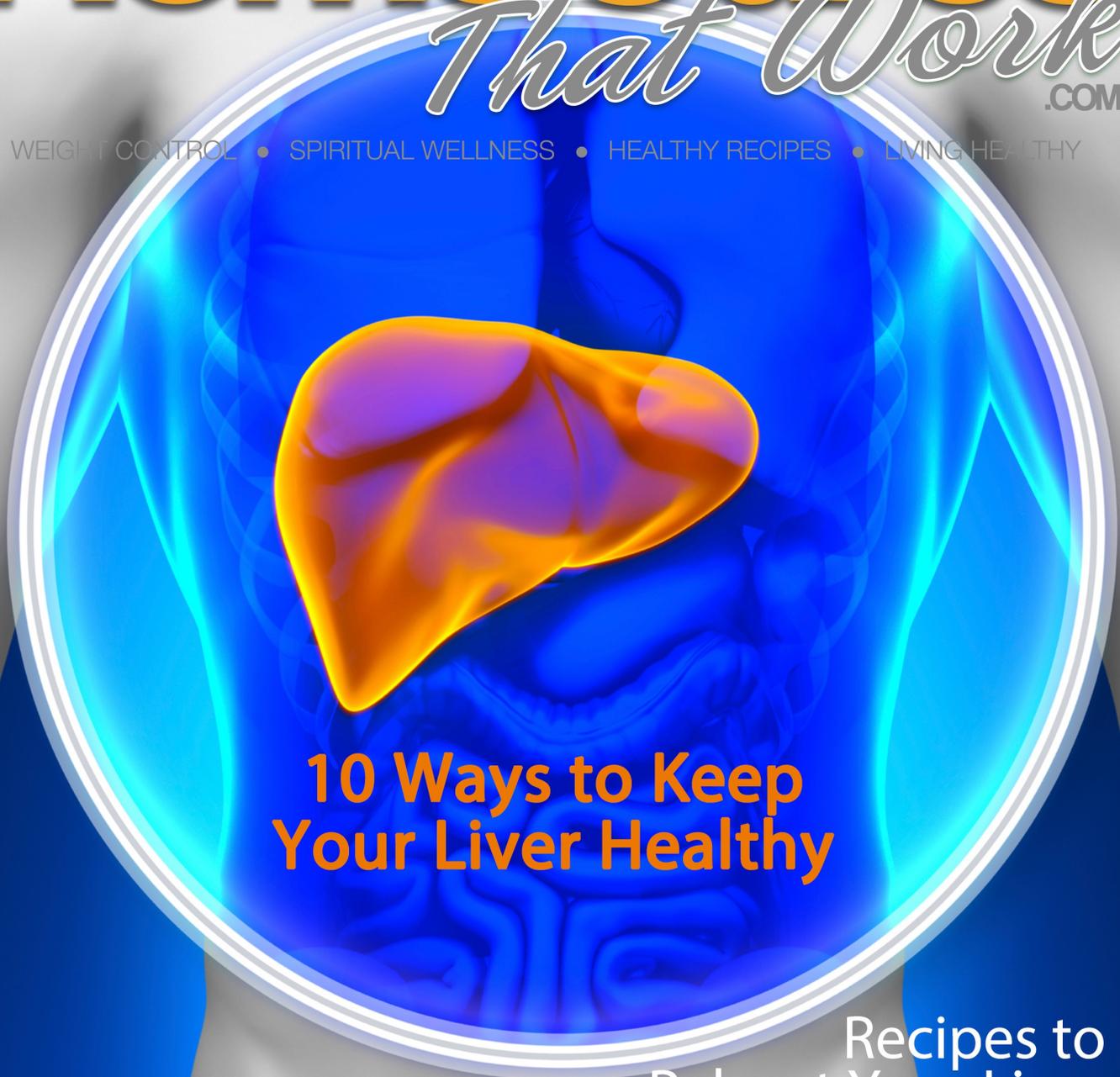
July 2014

HomeCures

That Work

.COM

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY



10 Ways to Keep Your Liver Healthy

Liver Cleansing for Optimal Health?

Recipes to Reboot Your Liver

7 Things You Need to Know About Your Liver

HomeCures *That Work*

Love your Liver

Table of Contents

10 Ways to Keep Your Liver Healthy	4
Primary detoxification.....	5
Fatty Liver Disease	5
The Worst Liver Toxin	6
Viral Hepatitis Infections	6
10 Ways to Keep Your Liver Healthy.....	7
Stress Relief	9
Recipes to Reboot Your Liver	10
Giving Your Liver a Break	11
Liver-loving Foods.....	12
Liver-Loving Quiche	13
Liver-Loving Beet Salad.....	15
Liver Cleansing for Optimal Health	16
Signs of a Stressed Liver.....	17
Clean Eating for Liver Health	18
Herbs for Liver Detoxification	19
7 Things You Need to Know About Your Liver	21
#1. Key to Life	22
#2. Key to Metabolism	22
#3. Key to Digestion.....	23
#4. Key to Detox.....	23
#5. Key to Immunity.....	24
#6. Key to Storage.....	24
#7. Key to Health	24

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this or the product described for diagnosis or treatment of any health problem or as a substitute for any prescription of any medication or other treatment. You should consult with a health care professional before starting any diet, exercise or supplementation program or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician. This information and products described are not recommended for women who are pregnant or children. Please note that we have a material financial connection to the provider of the goods and services from links on the website in that we receive payment for each qualified sale or payment for each potential customer referral. Scan our QR code to get more information from Home Cures That Work



Copyright © Home Cures That Work.



A healthy liver is key to a lifetime of wellness.

Why focus on the liver and what's so important about a healthy liver over a healthy heart or other organs? Your liver performs over 500 different functions!

A healthy liver helps fight infections; cleanses your blood; stores vitamins and minerals; regulates hormones; and controls cholesterol levels. Your liver also assists with digestion, metabolism, and stores energy for when you need it.

Your overall health and vitality, to a great extent, depends upon the health of your liver. Those other important organs are not going to function well if the liver is not doing its job properly. If your liver can't do its job, or regenerate after an injury, your life could be in danger!

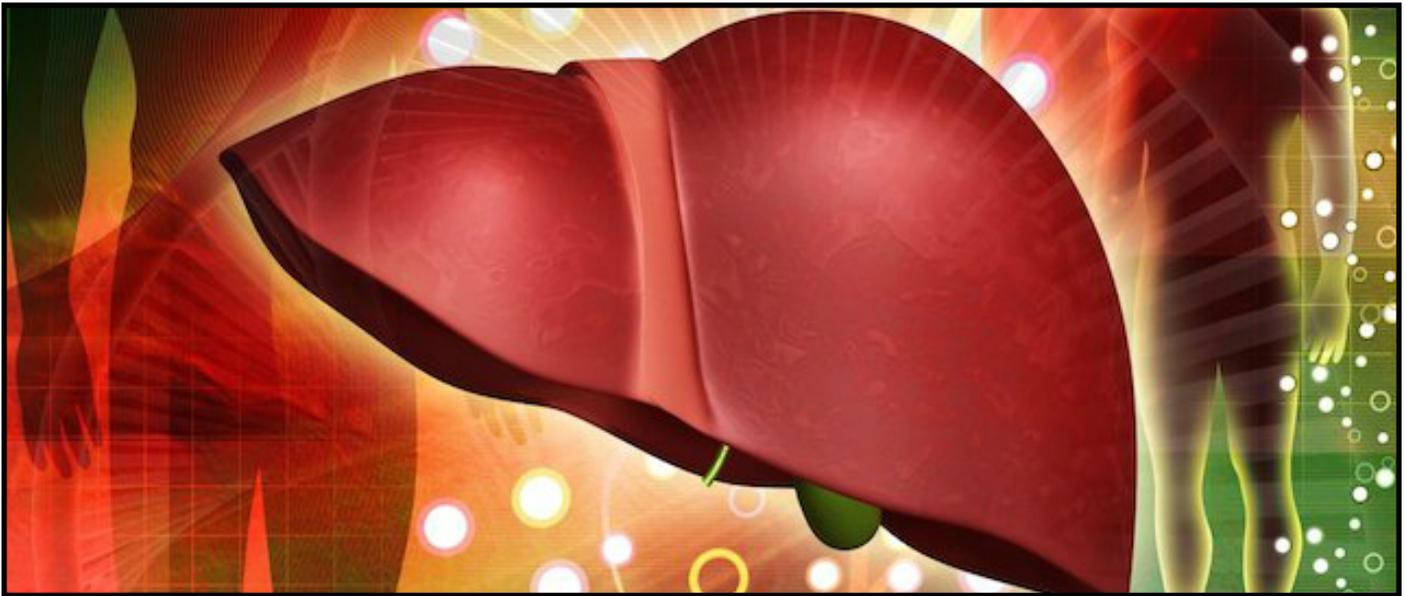
The goal of Home Cures That Work is to help you make healthy changes in your diet and lifestyle that support your liver health. Here are some examples of what you'll find in this month's issue:

- How to avoid risky behaviors that may bring on an infection.
- How to maximize liver detoxification and avoid toxins that damage the liver.
- Which liver-supporting foods to add to your diet contain specialized compounds to speed up the liver's natural ability to repair.
- Which specific herbs to take that stimulate liver cells to regenerate, neutralize toxins, cleanse and unclog the liver.

Don't ignore your liver any longer! If you cleanse your liver, a multitude of health concerns will vanish. Your skin will clear, your energy levels increase, and your digestion will be strengthened. Many also see their cholesterol and blood pressure drop to healthy levels after a liver cleanse.

Begin your journey today with Home Cures That Work towards a cleaner, happier, and healthier liver!

Cheryl Ravey
Editor, Home Cures That Work



10 Ways to Keep Your Liver Healthy

by Dr. Scott Saunders, M.D.

When I was a medical student at UCLA, I happened to be on the liver transplant team. In those days, there were only a couple of surgeons who could transplant a liver so we would fly all over California to remove livers from bodies on life support. We would then fly back to UCLA and put the livers into needy recipients. It struck me as funny that the wonder of our noble cause was diminished when we wrapped the livers in saline-soaked cloths, and put them on ice in an Igloo ice chest for transportation. They even let me, the lowest man on the team, carry the precious cargo!

Those who received the livers were so grateful for the gift of life. To date, we have no way to replace the function of the liver, so those in failure were slowly dying. It was sad to see so many people who were barely hanging on to life because of liver failure.

Your liver is vital to so many aspects of your health. For example, everything you ingest has to go through the liver before it gets into the body. In this way, the liver is the primary protection for your body from toxins.

The liver is the second largest organ in the body (the skin is the largest). It is the only organ able to regenerate itself. We can lose 50% of our liver and within 2 weeks, we would have another complete liver.

The liver is an amazing organ that is essential for our body to function. Most liver specialists believe there are over 500 different functions of the liver. Besides detoxifying the things we eat, the liver also is necessary for:

- Storing nutrients
- Detoxifying and recycling waste
- Regulating and storing energy
- Regulating hormones

- Digestion of fats
- Making proteins
- Making cholesterol
- Regulating blood sugar

Primary detoxification

The primary function of the liver is detoxification. Without this vital organ, we become overloaded with toxins and die.

It's the liver's job to cope with chemicals as they travel from the environment via food or drink into your body. The liver acts like a filter through which the blood flows. It removes toxic substances from the bloodstream. Some of these toxins include:

- Bilirubin from the turnover of red blood cells from the spleen
- Ammonia from all the proteins in the body
- Drugs and medications
- Alcohol
- Toxins from the intestines such as pesticides, food additives, and bacterial toxins



The most common cause of acute liver failure from toxicity is ACETAMINOPHEN (Tylenol). The medication itself is not toxic, but the liver makes it into another chemical, NAPQI, which causes immediate death of liver cells. Thankfully, we don't collapse and die every time we take Tylenol because the liver has a way to detox the NAPQI by combining it with GLUTATHIONE. Glutathione is one of the most important anti-oxidants in the body. As long as we maintain enough glutathione we will be protected from acetaminophen toxicity, but ingesting more than the liver can handle causes liver damage, and death.

Fatty Liver Disease

Besides acetaminophen, alcohol, and food additives, the liver must break down nutrients from regular food. Some foods are very toxic and damage your liver. In fact, the most common cause of liver damage is not alcohol or acetaminophen, as one of my patients, Daniel, found out.

Daniel came in to my office because his liver enzymes were slightly elevated and his life insurance company refused to give him a policy. Elevated liver enzymes means that inflamed or injured liver cells are leaking certain enzymes, into the bloodstream. Higher enzyme levels indicate more liver cells are dying. Since his disease was mild, Daniel had none of the symptoms of liver disease:

- Pain
- Bloating
- Enlargement of the liver
- Changes in stool
- Turning yellow (jaundice)

We needed to find out why he had so many dying liver cells. There are several things that can cause elevated enzymes, including toxins and infections. Tests showed Daniel to have “fatty liver,” a condition created by dying liver cells.

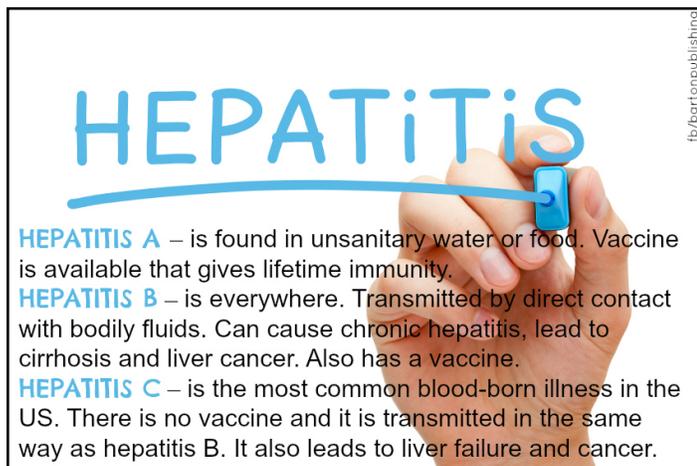
Until recently, alcohol was the primary cause of fatty liver disease because every drop of alcohol damages the liver. One drink can cause the enzymes to be elevated on a blood test. However, because liver cells regenerate quickly, limited alcohol intake doesn't create any permanent damage. Only people that have a slow detoxification system are more likely to get cirrhosis, or scarring of the liver, with alcohol. Less common causes include protein malnutrition, hypertension, cell toxins, and anoxia (lack of oxygen) including sleep apnea. However, now alcohol has been surpassed by a more insidious toxin.

The Worst Liver Toxin

One of the most common substances we eat has become the primary liver toxin. We give it to children, adults, old people, and even sick people. Most people don't even know they are eating liver toxins, but what was once completely unknown has become an epidemic today. It's sugar!

Daniel was a victim of this epidemic. Over the years, he didn't know that sugar was building up in his liver cells. Sugar is naturally stored in the liver for use when there is no food. However, eating it every day causes sugar to fill up the cells until they can contain no more. When the cells are overloaded with sugar, they start to die, and the excess sugar is made into fat. Over time, the liver becomes riddled with fat, which is known as fatty liver disease.

The insurance company didn't care what caused Daniel's liver to fill with fat, whatever the toxin is, they know that fatty liver is a sign of damage, which can be deadly, so they wouldn't insure him.



HEPATITIS

HEPATITIS A – is found in unsanitary water or food. Vaccine is available that gives lifetime immunity.

HEPATITIS B – is everywhere. Transmitted by direct contact with bodily fluids. Can cause chronic hepatitis, lead to cirrhosis and liver cancer. Also has a vaccine.

HEPATITIS C – is the most common blood-borne illness in the US. There is no vaccine and it is transmitted in the same way as hepatitis B. It also leads to liver failure and cancer.

fb/fortonpublishing

Viral Hepatitis Infections

Toxins are just one way that the liver can be damaged. When I was on the transplant team, we transplanted livers into people with all sorts of liver disease. Some of these were toxic problems, but many had infectious diseases. There are a number of infections that can damage the liver. Most of these are viruses that will only grow in liver cells.

Viral hepatitis is inflammation of the liver caused by viruses that attack liver cells. Sometimes these are very mild infections that people hardly even know they have, but other

times they can cause a great deal of damage. There are several different viruses that do this, the most common being Hepatitis A, B, and C.

Hepatitis A – is found in unsanitary water or food. It is a common infection where there are no water treatment facilities. There is a vaccine for Hepatitis A that gives lifetime immunity.

Hepatitis B – is everywhere. But in some places, such as Southeast Asia, it is more common. It is transmitted by direct contact with blood or bodily fluids of a carrier. About half of the cases have an unknown cause because no risk factors are found. It can cause chronic hepatitis and lead to cirrhosis and **liver** cancer. Hepatitis B also has a vaccine.

Hepatitis C – is the most common blood-borne illness in the United States. There is no vaccine against it, and it is transmitted in the same way as hepatitis B. It also leads to liver failure and cancer.

Hope

The most wonderful thing about the liver is that it is very forgiving. If damaged, the liver regenerates itself – that is, until it gets scarred (cirrhosis). For example, people who abuse their livers with alcohol can quit drinking and return to normal, as long as there is no cirrhosis. Those that get infected with a virus can take antibiotics to clear the infection, and often return to normal as well. By decreasing inflammation and improving the immune system, liver damage can be minimal.

Keeping a healthy liver

The best way to keep your liver healthy is to avoid all things that may cause damage. Don't engage in risky behaviors that may bring on an infection, and avoid toxins that damage the liver. This also includes daily maintenance, and periodic cleansing.

10 Ways to Keep Your Liver Healthy

1. Eat organic food

People who eat organic have a lower body burden of toxins. This includes organic meat, as well as vegetables. Remember, the chicken is what it eats, too! Choose from the organic section of the store. Or, better yet, grow your own and eat your own vegetables fresh from the garden.

2. Avoid alcohol

3. Avoid sugar

Especially avoid added fructose. Fructose found in sugar and juice is made into fat and contributes to inflammation and fatty liver, as well as hypertension.

4. Avoid trans fats

Hydrogenated oils contain trans fats, which are toxic to the liver, causing fatty liver and inflammation.

5. Eat raw foods

Raw foods such as fruit, vegetables, nuts and seeds contain the nutrients needed for the liver to detoxify our metabolism.

6. Use natural household products

This includes bug sprays, cleaning solutions, soaps and personal products. The general rule is, if you can't eat it (safely), then don't bring it home.

7. Avoid medications

Every medication has an effect on the liver; we talked about some of these earlier. Blood pressure medications, antibiotics, cholesterol medications, and even diabetes medications can damage the liver. They have their place, but limit their use as much as possible.

8. Exercise

While the liver is the second-biggest detoxification organ, the skin is the largest. There is a great deal of benefit with exercise to get the blood moving, to open up the blood vessels, and to sweat out toxins. Many go in to a sauna to sweat, but a workout produces more benefit.

9. Do a liver cleanse

There are many different liver cleanses, such as the Master cleanse, the bone broth cleanse and herbal tea cleanse, which are all *modified* fasts. Fasting helps get the excess toxins out of the liver since we are not eating anything that puts more toxins in. I have patients who perform liver cleanses monthly, quarterly, or annually. Your frequency depends on your need for detox.

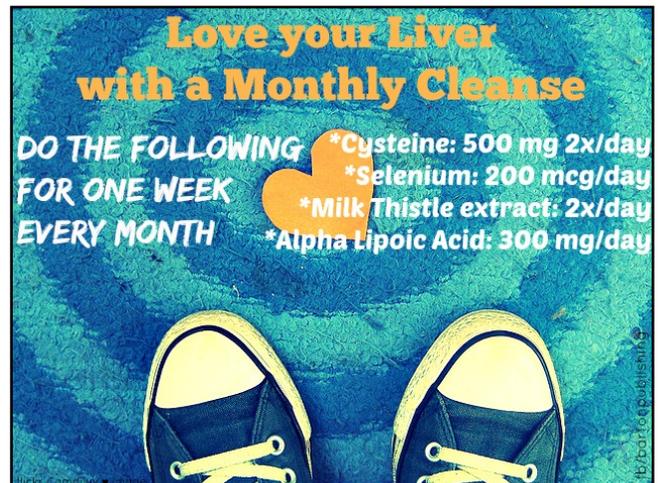
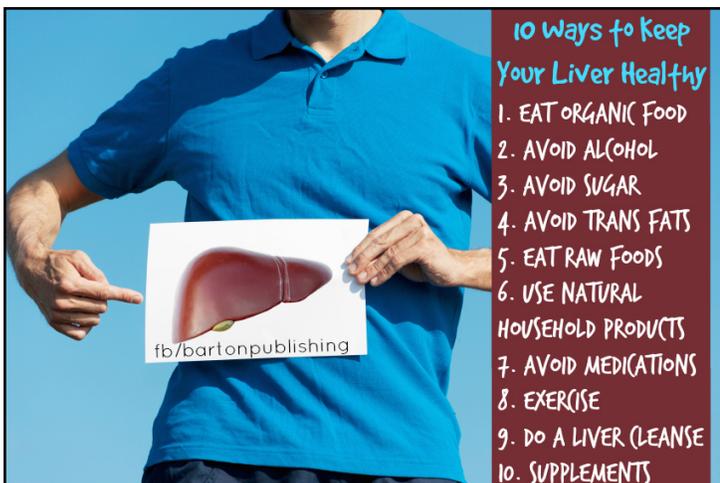
10. Supplements

There are several supplements that help keep your liver detox mechanisms up to par. The liver produces glutathione, and there is no good direct way of supplementing it. But, we can make more of it by taking Cysteine, an amino acid, and making sure we have adequate selenium, a trace mineral.

There are also herbs that help the liver with toxins. These include:

- Milk thistle extract
- Turmeric
- Grape seed extract
- And green tea

Another useful supplement is Alpha Lipoic Acid (ALA). ALA helps to regenerate anti-oxidant potential in the liver. I am not advocating taking these supplements all the time, but everyone could benefit from a periodic (monthly) liver cleanse for a week's time.



Do the following for one week every month:

- Cysteine – 500 mg twice per day
- Selenium – 200 mcg daily
- Milk Thistle extract – twice per day
- Alpha Lipoic Acid – 300 mg per day

Daniel's problem was an overload of sugar, especially fructose, as well as trans fats. He lived on Danish Pastries, since his wife loved to bake these tasty treats. It was very difficult for him to give up sugar and fatty foods. But, he was able to do so long enough to lose weight, have a more fit body, and normal liver functions so he could get insurance.

Stress Relief

Until we have a problem, we often think more about the maintenance of our cars than our own bodies. We change the oil in the car every 3,000 miles to keep it running smoothly. Plus, we would never put dirty gas in the tank, or re-use our old motor oil.

Why not keep our livers going with daily maintenance?

When we avoid toxins, eat healthy food, perform periodic liver cleanses and take supplements this brings tremendous benefits. Most of all, your stress tolerance will increase. Stress tolerance is not a yes/no question, but rather on a scale as illustrated in the diagram.

Life is hard. It is stressful. Stress is all around us. There is no way to avoid all kinds of stress – it's an integral part of life. When we try to de-stress, we merely choose a different set of stressors.

In one way or another, all of the stress in our bodies is handled by the liver, including:

1. Energy production problems
2. Toxic insults
3. Emotional stress
4. Hormonal changes
5. Infections

For this reason, the healthier the liver, the better we are able to handle stress. If our liver health is very low, stress may cause us to become incapacitated or sick, but when we have a healthy or vigorous liver, we can take whatever life throws at us. This is one reason why the same stressors cause widely differing symptoms in people. A well-maintained car can handle the extra stress of pulling a trailer, for example, and in the same way, we can handle the extra stress of life if we keep our liver healthy and vigorous.



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative health care, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com>



Recipes to Reboot Your Liver

By Amanda Box, N.D

Many of you readers are singing the same sad song. You are at your wits' end. It's as if your body has turned against you! You're tired, bloated, unable to lose weight, and experience acne or skin issues that are just as bad as a teenager! You've tried everything you can think of: exercising, cutting calories, changing your skincare routine - but nothing works. Nothing yet, at least!

I'm here to offer you a remedy. It may be one you haven't even thought to consider before. You may have blamed your thyroid for a slow metabolism. You may think mid-life hormonal surges are responsible for your breakouts. But, you're missing the root cause. Most people are oblivious to what is really responsible for their body's strange behavior. It is your body's largest organ, the liver, that is often behind these frustrating symptoms.

When asked what the liver does, most people respond, "It filters your blood." Yes, this answer is correct. But what your liver does day in and day out, 24/7 is far more complicated than that. Aside from your heart, the liver works harder than any other organ in your body. The liver:

- Contributes to digestion (primarily fats)
- Aids in controlling blood sugar
- Regulates hormones
- Stores energy
- Produces proteins
- Breaks down and filters chemicals and toxins

Every single thing you breathe in, absorb through your skin, and ingest has to go through the checkpoint known as your liver. Your liver is like a customs officer that has to check everything that passes through it. The liver must I.D. everything as either a healthy substance, like vitamins, or

unhealthy toxins, like pesticides. It ultimately decides what to allow your body to use and what to throw out in the waste.

This isn't an easy task, especially when the average diet and lifestyle is full of toxins and chemicals. What you put on your skin, what you eat and drink and the medications you're on all take their toll on the liver. Many times your liver becomes bombarded with toxins and cannot keep up. It is unable to properly do its job because it has become damaged and overloaded by too many toxins and chemicals. When this happens, your liver doesn't properly regulate your hormones or process fats. You begin to gain weight and show signs of hormonal imbalances.

The good news is that this isn't the end! In the case of most of our body's organs, once they're compromised, they may never fully repair or work as well as before. However, the liver has the amazing capacity to regenerate, reboot, and repair! Yet, this can only happen by giving your liver a break from the toxic overload.

Giving Your Liver a Break

What's the best thing to do when you're overwhelmed? Take a break, of course! So, how do you give your liver a break? You can't just shut your liver off for a while. If you did, you would die! But you can take steps to cut down on the excess work it has to do each day.

For one, you can eat foods that nourish and support the liver and its functions. Second, you can take supplements that support detoxification and regeneration.

The results of a healthy functioning liver are weight loss, hormonal balance, and increased energy! Who wouldn't love all that?!

Everyone could benefit from a liver reboot. Even the healthiest people cannot avoid being exposed to toxins. Toxins are everywhere around us. Many liver compromising toxins hide out in:

- Plastic containers and metal cans
- Skincare products
- Drinking water
- Cleaning products
- Smoke (first and second hand)
- Non-organic vegetables and fruits

Though it is impossible to avoid toxin exposure, there is no need to live in fear. Our liver is specifically designed to detoxify our bodies. It filters these toxins out of our bloodstream and into our waste. It is only after years of exposure that the liver begins to lose some of its detoxification capacity.

Although we can't protect our liver from ever being exposed to toxins, we can give it a chance to restore to optimal function. And in doing so, your whole body will experience improved health!

The first step in giving your liver a break is to do your best to avoid excess toxic exposure. Like I mentioned earlier, avoiding all toxins is impossible. However, you can greatly reduce your exposure by following these steps:

1. Drink only filtered water instead of tap water.
2. Use only all natural products on your skin (makeup, lotions, soap, etc.)
3. Avoid canned foods.
4. Use only BPA-free plastic.
5. Avoid all artificial flavors, colors, sweeteners and preservatives.
6. Find natural alternatives to pharmaceutical and over-the-counter drugs.
7. Avoid foods listed on the Dirty Dozen (or buying organic versions).

Released by the Environmental Working Group, the Dirty Dozen is a list of the top 12 foods with the highest pesticide residues. The Clean 15 is the list of the top 15 foods with the lowest pesticide residues. Buying organic versions of foods on the Dirty Dozen list is a great way to enjoy these foods without the pesticide residues. Below are the Dirty Dozen and Clean Fifteen lists for 2014:

It is also important to note that alcohol consumption is one of the greatest contributors to any sort of liver problem. Drinking in moderation is typically fine. But, if you are committed to giving your liver a break, you should abstain from all alcohol for at least a month or two.

<i>Dirty Dozen</i>	<i>Clean Fifteen</i>
1. Apples	1. Sweet Corn
2. Strawberries	2. Onions
3. Grapes	3. Pineapple
4. Celery	4. Avocados
5. Peaches	5. Cabbage
6. Spinach	6. Frozen Sweet Peas
7. Sweet Bell Peppers	7. Papayas
8. Nectarines	8. Mangos
9. Cucumbers	9. Asparagus
10. Potatoes	10. Eggplant
11. Cherry Tomatoes	11. Kiwi
12. Hot Peppers	12. Grapefruit
	13. Cantaloupe
	14. Sweet Potatoes
	15. Mushrooms

Liver-loving Foods

Lowering your toxic exposure is key to giving your liver the break it needs to repair and restore optimal function. To maximize liver detoxification, incorporate liver-supporting foods into your diet. These liver-loving foods are nothing out of the ordinary. They are everyday foods that contain specialized compounds that speed up the liver's natural ability to repair. Incorporating these liver-loving foods, while eliminating liver-compromising foods from your diet, can give your body the breakthrough it needs to come into balance.

Try to incorporate at least one food from each category into your daily diet for maximum liver support.

1. Cruciferous Vegetables: Cauliflower, Broccoli, Brussel Sprouts, Cabbage, Bok Choy, and Kale.

These vegetables contain sulfur and promote neutralization of toxins in the liver. They also help the liver produce enzymes, which aid in detoxification.

2. Leafy Greens: Swiss Chard, Turnip Greens, Escarole, Cilantro, Parsley, Mustard Greens, and Dandelion leaves.

The more bitter the green, the better it's ability to stimulate bile production in the liver. Bile is what carries toxins out of the liver. Some of these greens can also neutralize heavy metal toxins. Cilantro, in particular, binds to mercury and other metals and helps remove them from your system.

3. High Sulfur Foods: Eggs, onion, garlic, and again cruciferous vegetables.

Sulfur aids in detoxification. Garlic, in particular, has high levels of allicin. Allicin is a sulfur compound, which protects the liver and can help detoxify toxic metals and excess estrogen hormone.

4. Antioxidant Rich Foods: Berries (organic), Grapefruit, Apples (organic), carrots, melon, and green tea.

Antioxidants are compounds, which protect the liver from damage while detoxifying the blood. Grapefruit, in particular, contains a substance called naringenin. Naringenin stimulates the liver to burn fat rather than store it. Green tea also contains particular antioxidants called catechins. Catechins prevent fat from accumulating in the liver.

5. Beets and Artichoke

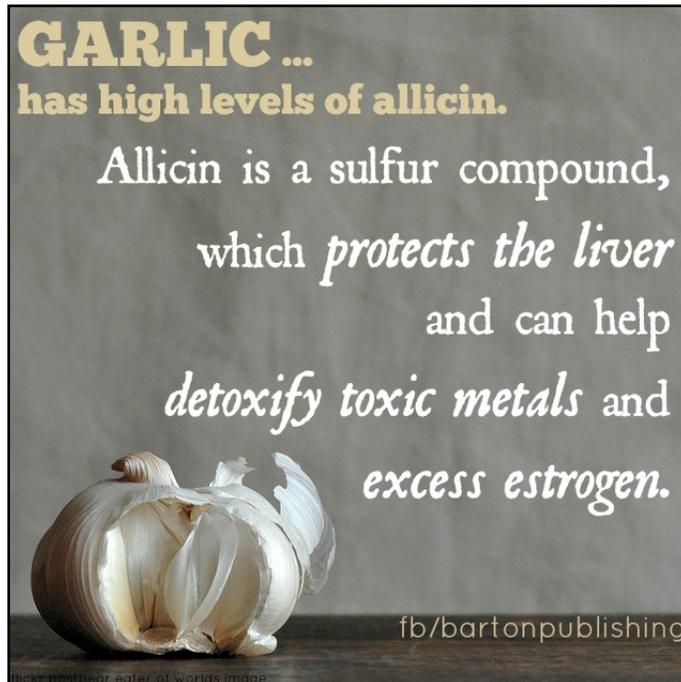
Beets and artichokes are in a category of their own because of their enhanced ability to support the liver. Beets naturally help to purify the blood. They also assist the liver in metabolizing fat rather than storing it. Artichokes stimulate the flow of bile, which in turn speeds up the elimination of toxins out of the liver. Some health professionals estimate that eating an artichoke can increase bile flow by 100%!

These liver-loving foods aren't out of the ordinary. However, many people are unsure how to prepare these foods in new and tasty ways. Eggs for breakfast every single day can get boring. But adding flavorful vegetables and spices can turn your boring eggs into a delicious quiche. (Quiche also makes a delicious lunch.) You can add all kinds of liver-loving vegetables to your quiche. I like to add artichokes, mustard greens, and garlic to my quiche. This quiche is high in sulfur compounds to support your liver by encouraging detoxification.

Liver-Loving Quiche

Ingredients:

- 2 tablespoons olive oil
- 1 small yellow onion diced
- 4 cloves garlic, minced
- 3 cups mustard greens rinsed and chopped



- One 14-oz can of artichoke hearts drained and chopped
- 1 1/2 teaspoons sea salt
- 3/4 teaspoon freshly-ground black pepper
- 2 ounces pecorino romano or other hard Italian cheese, shredded
- 10 large eggs
- 3/4 cup coconut milk plus 1/2 cup water
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano

Directions:

1. Preheat the oven to 375 F. Generously grease a deep-dish pie plate with butter or non-hydrogenated palm oil shortening.
2. Heat the olive oil in a skillet over medium heat. Cook the onion until soft and then add the garlic and cook for another minute more. Add the mustard greens and artichoke hearts and cook, stirring frequently until the greens are wilted. Season with the salt and pepper and remove from the heat.
3. In a large bowl, whisk together the eggs with the water, coconut milk, thyme and oregano until well blended. Spread the collard/onion mixture over the bottom of the greased pie plate; sprinkle the cheese evenly over the greens. Carefully pour the egg mixture over the cheese and greens. Bake for 25 to 35 minutes, or until the top is golden brown and a knife inserted in the center comes out clean.
4. Serve with a chunky salsa or warm marinara sauce.

Beets are an uncommon vegetable in the American diet. But the Russians and other eastern Europeans revere beets. Beets are the primary ingredient in a common soup called Borscht. I prefer beets in salad form. This salad incorporates liver-loving beets, arugula, and apples. It is the perfect summer dish and a great way to incorporate beets into your diet.



Liver-Loving Beet Salad

Ingredients:

- 3 large beets (or 6 small beets)
- 3 medium granny smith apples, peeled cored and chopped small
- 3/4 cup chopped raw pecans
- 3 1/2 packed cups of baby arugula, lightly chopped
- 1/2 medium orange, juiced and zested
- 2 Tbsp olive oil plus more for baking beets
- 1 Tbsp apple cider vinegar
- 1-2 Tbsp raw honey, melted
- Soft goat cheese crumbles
- Sea salt, to taste
- Black pepper, to taste

Directions:

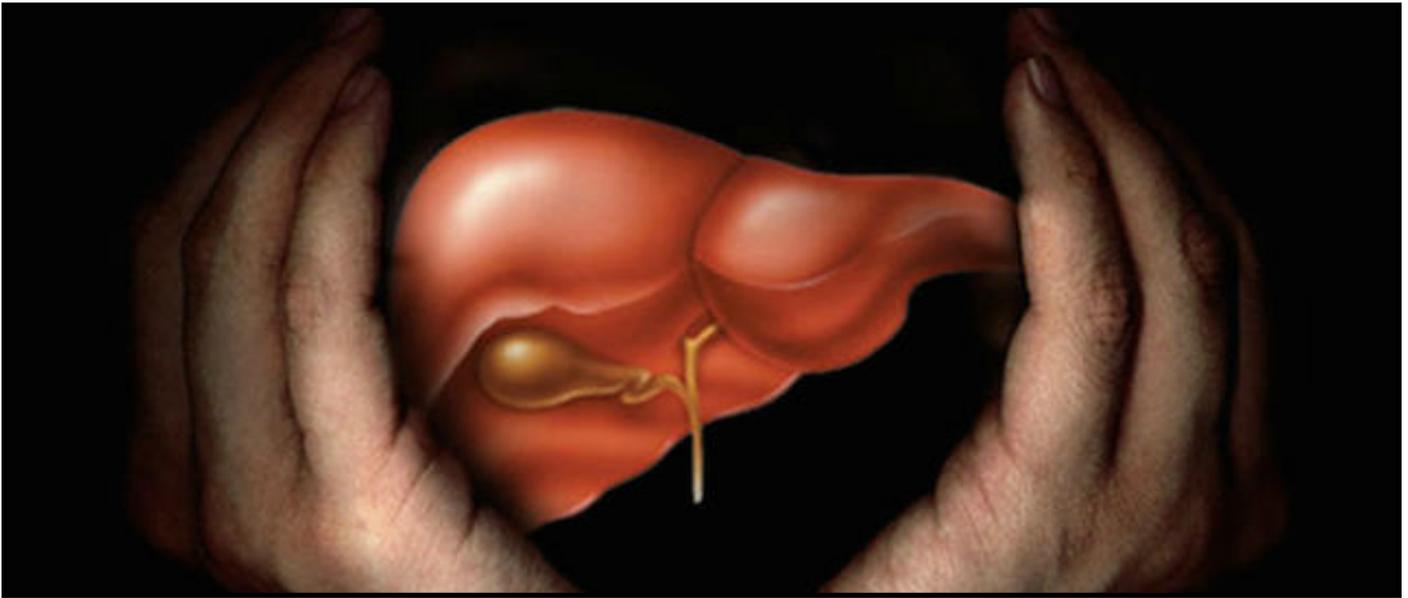
1. Preheat oven to 400F. Wash and dry beets. Trim off the leaves and root tip (leaving the skin on). Drizzle a little olive oil over each beet and sprinkle each with a dash of sea salt. Wrap each beet individually in aluminum foil and place on a baking sheet. If using smaller beets, bake for about 50 minutes. If using larger beets, bake for about 90 minutes or until a fork can pierce the beet easily.
2. Remove the beets from the oven and allow them to rest for about 10 minutes. Unwrap each beet and drain the excess beet juice into a small bowl and set aside. Chop the beets into small bite sized pieces and place in a large mixing bowl.
3. Place your chopped pecans in a medium sized skillet over medium-high heat and cook until lightly toasted, stirring frequently. Set the pecans aside.
4. To make the dressing, take the reserved beet juice and add the 2 Tbsp of olive oil, apple cider vinegar, raw honey, orange juice and orange zest. Stir and add sea salt and black pepper to taste. Add additional orange juice or vinegar to taste. Pour the dressing over the beet mixture and toss to coat. Add the arugula, toasted pecans and apples and toss again.
5. Top with goat cheese crumbles.

Everyone needs a break from stress to recharge, even your liver. Take the time to give your liver some love by eating liver-supporting foods. Avoid excess toxins and chemicals to support your body coming into balance once again. You'll benefit with weight loss, clear skin, balanced hormones and increased energy. Start this liver-loving regime today and reboot your health!



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at: <http://amandabox.blogspot.com/>

Recipes adapted from: www.paleocupboard.com



Liver Cleansing for Optimal Health

By Amanda Box, N.D.

“I can’t eat that! I’m on a detox.” You’ve probably heard this phrase by now. Detoxing and cleansing have become quite the trends lately. As natural health methods and healing become more mainstream, I partly find this exciting, but, I also want to roll my eyes.

I have found, for the most part, that people who are detoxing don't fully understand why they are doing what they are doing. They blindly jump on the detox bandwagon because they hear it can help them lose weight.

Although detoxing can help you lose weight, there are so many more benefits to a good clean out. But, it is a process that should be carefully considered and taken seriously. Detoxification is far more than an attempt at weight loss. It is a process that can change your life.

Most detoxes and cleanses today focus on: eliminating something (e.g., sugar, gluten, etc.); weight loss (via fasting or juice cleanses); or colon cleansing. Although these are fantastic cleanses, they only scratch the surface of detoxification.

In the deluge of detoxes, one of the most important organs goes unnoticed: the liver. This large and overloaded organ truly deserves its turn at detoxifying.

The word “liver” is derived from the word “life”, and rightly so! Your liver literally gives your body life every single day by performing over 300 functions! Some of the liver’s functions include:

- Storing iron for hemoglobin production
- Filtering out bacteria and resisting infections by producing immune factors
- Helping to regulate blood sugar levels
- Contributing to digestion
- Regulating amino acids (building blocks of protein) in the blood

- Removing toxic compounds from the blood
- Removing and inactivating excess hormones

Signs of a Stressed Liver

Liver detoxification is essential for keeping your liver at optimal functioning capacity. Because the liver filters so many toxins day in and day out, it can become sluggish and struggle to work efficiently. You may begin to show signs of liver impairment like:

- Hormonal imbalance (PMS, Menstrual cramping, PCOS)
- Acne, rosacea or psoriasis
- Unexplained weight gain
- Joint Pain
- Allergies
- Digestion problems (diarrhea, constipation, gas, bloating)

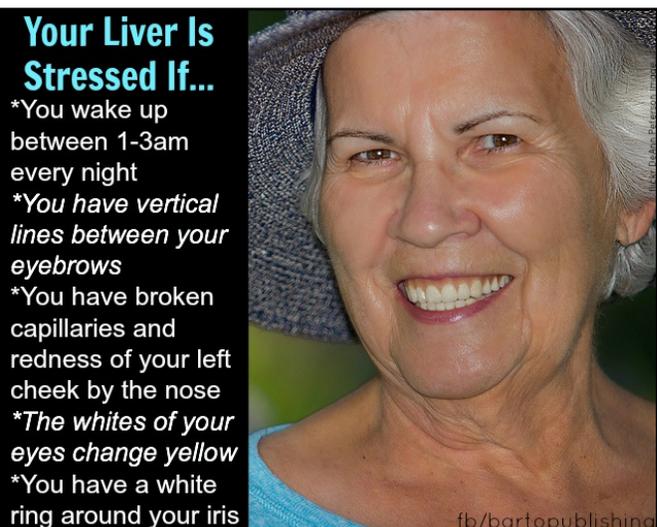
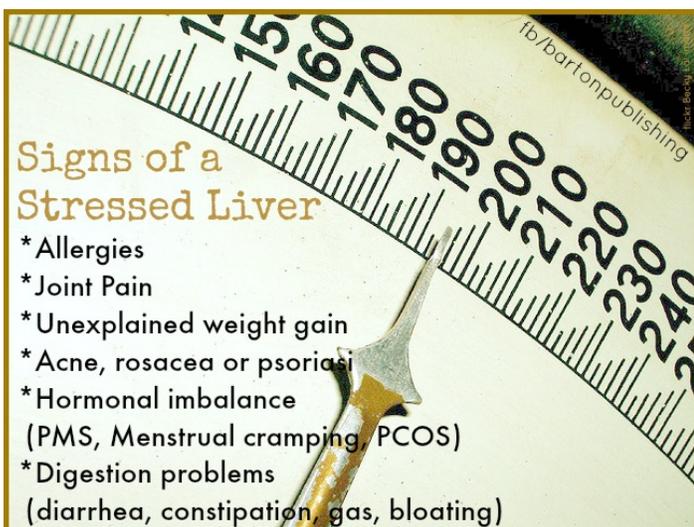
Chinese medicine recognizes some interesting signs when your liver is under stress.

The first symptom is waking up between the hours of 1 and 3 am every night. According to the Chinese medicine’s meridian clock, each organ has a 2-hour time segment in which it is most active. The liver belongs to the 1-3 am time frame.

Secondly, your face can also tell you if you have some liver impairment. Vertical lines between your eyebrows are often referred to as the “liver lines.” I personally saw my liver line fade dramatically after completing a liver cleanse.

Wrinkles aren’t just a part of aging. In Chinese medicine, the lines in our face tell a story of what is happening in our body! Broken capillaries and redness of your left cheek towards the bridge of your nose can be a sign of inflammation or congestion in the liver.

Lastly, your eyes can manifest symptoms of liver dysfunction. Many of you know that if the whites of your eyes change yellow, it is a sign of jaundice. The liver’s inability to properly break down bilirubin in the blood causes jaundice.



A white ring around your iris can be a sign of fatty buildup in the blood. Since the liver breaks down fat and cholesterol, this can also be an indicator that the liver isn't working as it should.

Chinese medicine also assigns different emotions to different organ systems. Anger, frustration and resentment are emotions associated with the liver. If you often find yourself dealing with these emotions, your liver may need some attention. Beyond the relational, psychological, and spiritual reasons for not holding onto anger and resentment, there are real physical reasons as well. Carrying around these emotions can cause liver problems. Forgiving and letting go of these toxic emotions can keep you healthy physically and in every other respect!

Clean Eating for Liver Health

I believe that every adult could benefit from liver detoxification. We live in a toxic world and no matter how hard we try, we are exposed daily to chemicals and harmful substances. Our liver is the organ responsible for filtering these destructive components out of our body. It bears the brunt of these toxins to save us from being poisoned on a regular basis.

But the liver, being self-sacrificing, can become damaged from toxic exposure. It can also become congested from the massive amount of fat and cholesterol it has to process. Thankfully, the liver is an organ designed to regenerate.

The liver can reconstruct and restore healthy liver cells to optimal function if given the proper attention. This amazing process is the reason why liver detoxification can change your life!

Not every organ in your body can return to normal after being damaged or impaired. Giving the liver a healthy reboot can move you from a diseased state to one of good health.

Liver detoxification starts with what you eat. You cannot expect your liver to repair itself if it continues to be bombarded with toxic substances from the food you eat. Perhaps you have heard of *Clean Eating*. *Clean Eating* is a style of eating that truly encompasses its name. "Clean" means free from contaminants or unwanted matter. Eating a clean diet is one of the best ways to repair and rejuvenate the liver. To engage in a clean diet:

- **Eliminate processed foods:** This includes packaged, canned, and frozen meals. Also, avoid white flour, white sugar, and artificial ingredients of any kind.
- **Increase your fruit and vegetable intake:** Adding two to three servings of veggies to each meal can boost your intake and fill you up. For a healthy snack between meals, choose fruit.
- **Cut out unhealthy fats:** This includes hydrogenated oils, most vegetable oils, and fried foods. You can, however, use olive oil, coconut oil, and avocado oil in moderation.
- **Eliminate Alcohol Consumption:** A glass a day of red wine is typically okay. However, alcohol puts stress on the liver and should be completely eliminated while detoxing.
- **Exclude sugar and artificial sweeteners.** Use other sweeteners like honey and stevia sparingly.
- **Reduce your grain intake by at least half and cut out gluten completely.** Instead of wheat, incorporate a little quinoa, rice, or oatmeal into your daily diet. Grains should be a small part of your daily food intake.

- **Limit your dairy intake and only use organic or rBgh-free dairy products.** Raw dairy from a local farmer is best. Using grass-fed butter is also fine. But while liver detoxing, lowering your intake of healthy fat can be helpful in giving the liver a rest.
- **Consume only healthy sourced meats:** Feedlot meats contain antibiotics and growth hormones. Not to mention, the conditions are dreadful and unsanitary. Find a local farmer, or quality meat at a local health food market. Farmer's markets often have locally raised beef and chicken. Also, be wary of high mercury fish like salmon and tuna.

Herbs for Liver Detoxification

Eating a clean diet can dramatically benefit your liver by decreasing its toxic load. But, detoxifying herbs and supplements can take your liver from being exhausted, to rejuvenated! There are specific herbs that stimulate liver cells to regenerate, neutralize toxins, cleanse and unclog the liver.

I must note that you should never begin a liver detox before first cleansing the colon. If your colon is not cleansed, toxins on their way out of the body from your liver get stuck in your waste. When this happens, your system reabsorbs these toxins and you lose the progress you've made. Having a clean, functioning colon helps facilitate these toxins out of the body where they belong!

I recommend beginning your clean diet a week before starting a liver cleansing supplement regime. During this week, you can take supplements, which stimulate bowel movements and help clear the colon, readying it for the liver cleanse. One great supplement is [Renew Life's Cleansemore](#) or [Bowel Cleanse](#). You can continue colon-cleansing supplements after you begin to add the liver cleansing herbs. This will keep toxins moving efficiently out of the body.

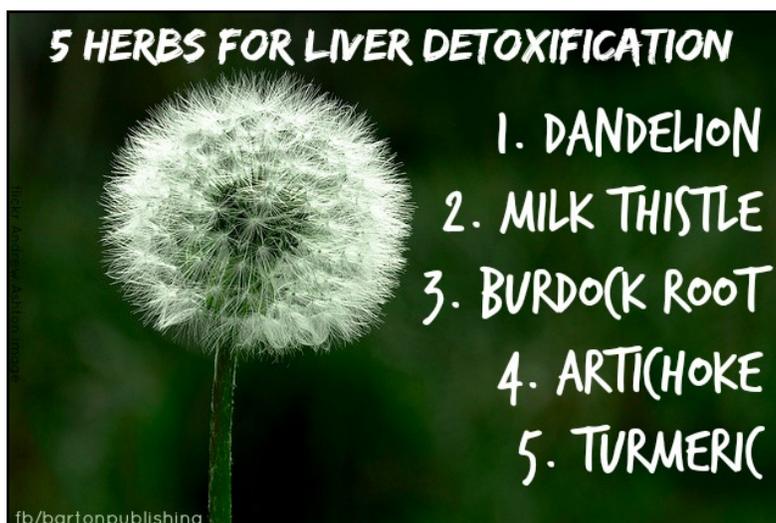
There are 5 specific herbs that I recommend for liver detoxification.

Dandelion

This pesky weed is a very effective herb for your liver! It not only helps cleanse the liver, but also contributes to regenerating liver cells! [Dandelion removes excess water from the body and increases bile production](#). Increasing bile boosts detoxification of toxic substances out of the body.

Milk Thistle

This herb is by far the #1 used natural remedy for the liver. In Europe, doctors prescribe milk thistle to treat hepatitis, cirrhosis of the liver, and alcohol-induced liver damage. It has the remarkable ability to both protect the liver, as well as stimulate regeneration of damaged liver tissue. [Milk thistle is also an antioxidant and protects the body's cells from free radical damage](#). Silymarin is the active component in milk thistle. For optimum results, look for milk thistle containing at least 80% silymarin.



Burdock root

Primarily known as a blood purifier; [burdock is also a fantastic liver cleanser](#). It stimulates bile flow and protects liver cells with its many natural antioxidant compounds.

Artichoke

Artichoke contains compounds called caffeoylquinic acids, which have liver restorative properties. They both protect liver cells and prevent further damage. [Artichoke also stimulates the flow of bile, thereby helping the liver and gallbladder break down fats.](#)

Turmeric

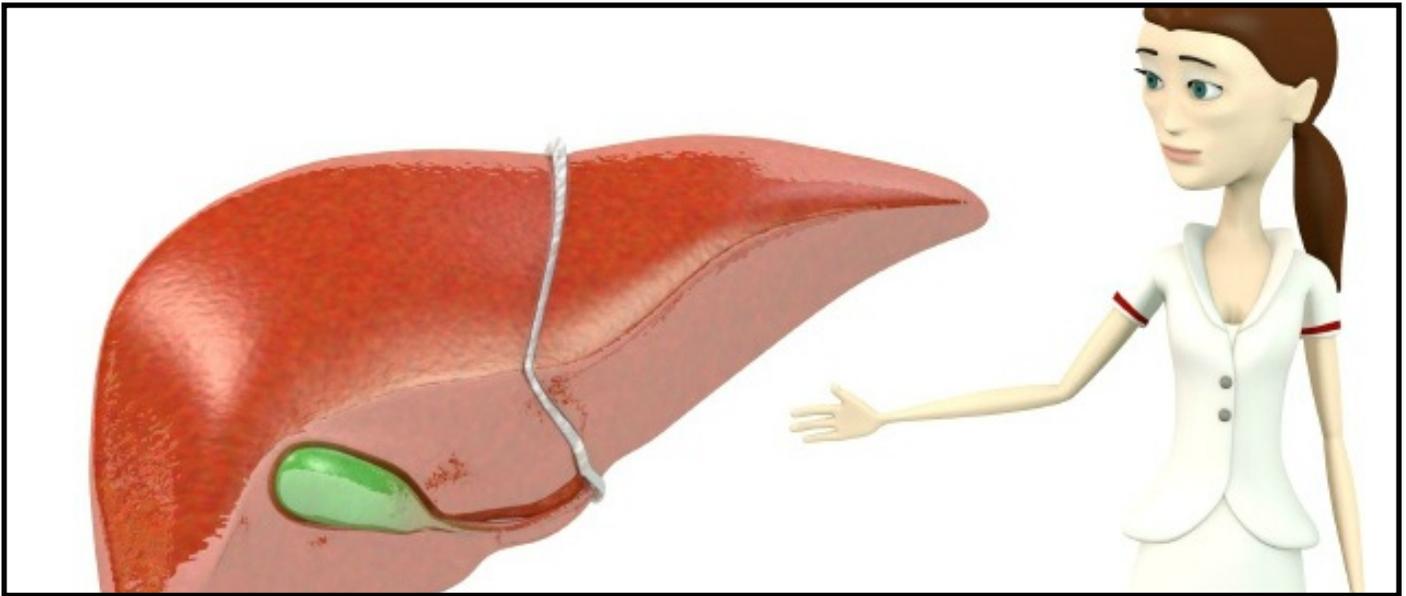
This bright orange spice is one of the most potent antioxidants available. It not only protects the liver, but also stimulates the restoration of healthy liver cells. Turmeric aids in liver detoxification and reduces inflammation. [The active component in turmeric is called curcumin](#). Turmeric that contains at least 90% curcuminoids produces the greatest results.

Most quality liver cleansing supplements will contain at least three of these five powerful herbs. [My personal favorite is by Enzymatic Therapy](#). I have used it several times and often recommend it to others. It contains all five herbs and is a two-week regimen that can be repeated, as necessary. Taking the time to cleanse and detoxify your liver can bring new life to your whole body!

Give your liver the restoration it needs by eating a clean diet and using liver cleansing supplements. Your skin will clear, your energy levels increase, and your digestion will be strengthened. Many also see their cholesterol and blood pressure drop to healthy levels after a liver cleanse. Don't ignore your liver any longer! Begin your journey today towards a cleaner, happier, and healthier life!



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at: <http://amandabox.blogspot.com/>



7 Things You Need to Know About Your Liver

By Sarah Stanley

When we think of our health, we don't tend to think of our health in separate parts. We usually eat with our eyes. "Look, a pretty donut!" But, we fail to realize how a donut will affect our heart, cholesterol, blood, and yes, even our liver.

Each of the health choices we make is a drop in the bucket that adds up over time. The thoughts we think, the food we eat, the beverages we drink and how we move our body is all connected together either for disease prevention and good health, or for disease and poor health.

- If we don't have a good immune system, then we'll be more susceptible to diseases and get sick often.
- If we have lung problems, then it will be challenging to walk up stairs or a small hill.
- When a part of our body isn't functioning properly, other parts have to work extra hard to compensate. They become drained and fatigued as a result.

Everything works together. This is why it's important that we live a life that supports holistic wellness. God designed our bodies with intricate detail and it's up to us to treat our bodies the way he intended: with great care and thought.

Which brings us to a part of our body that does so much for us: our liver! You might think about your legs, arms, brain, and beating heart frequently. But, when was the last time you thought about your liver? Our liver plays a vital role in keeping us well. What makes our liver so special? Here are 7 important things you need to know about your liver!

#1. Key to Life

Without a healthy liver, a person cannot survive! The liver might only weigh about 3 pounds, but this organ is essential to our life and well-being. The liver plays a crucial role in helping our body fight disease, get rid of toxins (i.e., detox), and support our immune system.

Because we live in a toxic world, our liver is constantly working to keep us healthy. From the food we eat, the air we breathe and even the water we drink, the liver is one of the most important organs in our body's natural detoxification system.

Thankfully, the liver regenerates itself so we can keep on living our lives. But, if we don't take care of it and abuse this wonderful part of our body, our liver will slowly start to deteriorate.

#2. Key to Metabolism

Everyone wants a better metabolism, right? Did you know your liver could help with that? It's true!

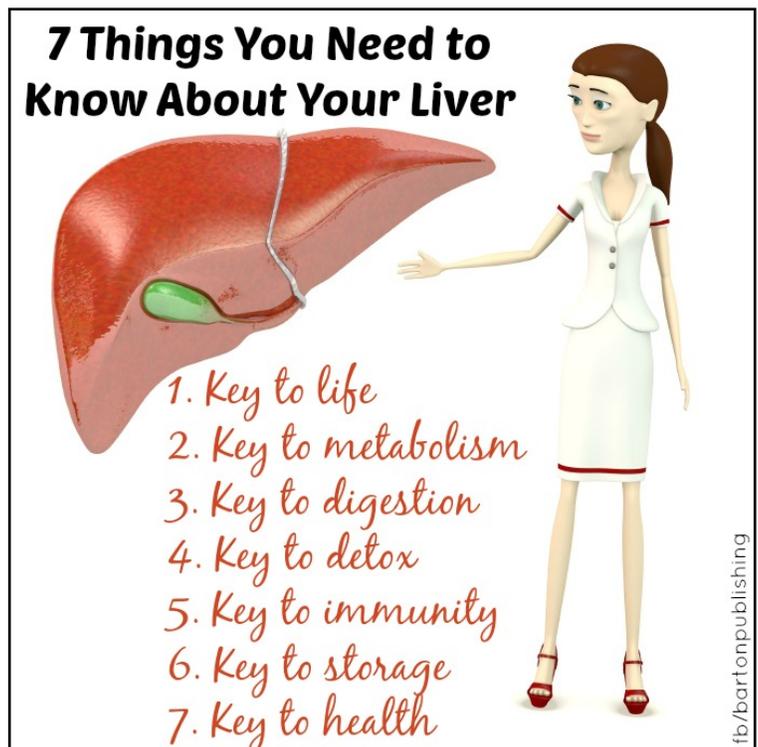
Our liver has hepatocyte cells, which perform most of the liver's functions. These cells metabolize carbs, protein and lipids (fats and fat-soluble vitamins) into energy.

This is why eating real foods is so important. When we consume things that aren't healthy, the liver has to work extra hard at processing these toxins. Over time, the liver breaks down from processing prescriptions, over-the-counter drugs and junk food.

Oreos are an example of junk food. I'm sure we can all agree they are an unhealthy "food." Organic vegetables would be an example of a good, or real food that gives us energy. We keep our liver alive with real foods, so the liver can keep us alive.

What our liver does with cholesterol is interesting for our metabolism. Generally speaking, most people fear cholesterol. This is due in part to misleading information from Big Food. Products claiming to be cholesterol free are, in fact, filled with additives, coloring dyes and other toxic ingredients. Sorry, but Fruit Loops will never be a healthy item. Don't be fooled by marketing! People need to know that man-made cholesterol is never a good thing.

But we do need God designed-cholesterol for health and vitality. Cholesterol is essential because the liver uses it to produce bile, which is then stored in the gallbladder. Why is this important? Because the body needs bile to digest fatty foods. How Stuff Works describes bile as an emulsifier.(1)



The liver produces and metabolizes cholesterol. When we eat real, organic sources of cholesterol (like eggs, for example), the liver produces less cholesterol, which makes for a happy organ!(2) As you can see, our liver is really an amazing part of our body!

#3. Key to Digestion

You may not have thought about how your liver helps digestion, but the liver plays an important role! Although the digestive system has many parts (mouth, stomach, small intestine, and pancreas to name a few) the liver helps process what you consume. Your liver digests fat, minerals and vitamins for your body to use. It contributes to good eyesight, clear thinking and a healthy heart. So the next time you take a bite, thank your liver for giving you life.

#4. Key to Detox

When you hear the word “detox,” your mind probably thinks of going on a 7-day juice binge because you are going to the beach next weekend. And you're dreading being hungry all the time! But, don't think of detox this way. Instead, detox should be something we think about on a daily basis, not just in swimsuit panic mode!

If a person eats an unhealthy diet, then the liver cannot possibly “detox” all that junk in a short period of time. It's already been working overtime to keep the person alive! Drinking alcohol, taking over the counter drugs and prescription drugs are all heavy toxins to the liver and body.

If you ask a person why they are detoxing, usually it is to lose weight. But weight isn't gained in 3 days, so it is unrealistic to think it will come off in 3 days! (Note: people will lose weight on a detox, but it's mainly water weight as opposed to true weight loss.)

A proper detox focuses on cleansing the liver, blood, brain (via the second brain, the gut), kidneys and colon. Plus, the time frame is longer than just 3 or 5 days.

This is why I am a proponent of living a detox life. What does this mean? It's simple. Whatever you put in your mouth, ask yourself if this is serving your body well. Does this have to make my liver work harder or is it happy that you are nourishing it?

If you routinely rely on short detoxes throughout the year as a quick fix for the problem, then switch to a detox lifestyle. A detox lifestyle means:

- Eating real organic foods
- Limiting alcohol consumption (try a kombucha instead!)
- Avoiding OTC drugs
- Making lifestyle choices that enable you to stop the use of prescription drugs

Your liver is begging you to make wise, healthy and natural detoxing choices!

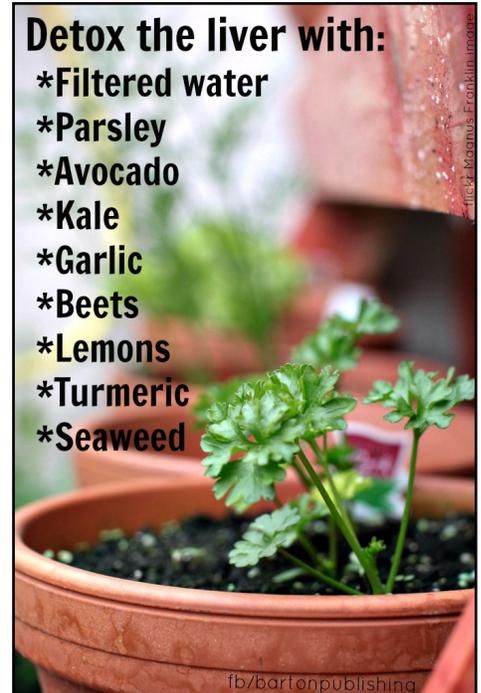
If there's one thing that most people understand about the liver, it's that it serves as the body's liquor control board. Alcohol is the one thing that bypasses the normal digestion process when consumed and goes straight to the liver. If you continue to drink excessively, you're making your liver work overtime.

While the liver is working diligently to process the sugar and carbs from the alcohol, it will have consequences on your health. Because the liver has to process other environmental toxins, the liver dreads when alcohol is consumed! So when the liver starts to shut down, health problems begin to happen: food intolerance, trouble falling asleep, allergies, acne, exhaustion and hormonal imbalance.

To embrace a detox lifestyle, I recommend incorporating these organic real foods on a daily basis, or at least 4 times a week:

- Parsley
- Avocado
- Kale
- Garlic
- Beets
- Lemons (squeeze fresh lemon juice into filtered water)
- Turmeric
- Seaweed (One of my absolute favorite snacks is [Sea Snax](#). Try it and you'll see what I mean!)
- Filtered water (Check out these awesome [water purification sticks](#) for your [reusable water bottle](#)!)

Detoxing shouldn't be a crunch time decision. Be kind to your liver on a daily basis and, in turn, your health will be rewarded!



#5. Key to Immunity

Remember how everything is linked together? Although 80% of the immune system lives in our gut, our liver helps process what is in the GI tract.(3) When the liver isn't working right, foreign invaders bypass the liver, enter the bloodstream, and overtax the immune system. Cleaning out the liver with a good liver detox program improves your liver's ability to produce immune factors and remove bacteria from the blood.

So if your liver isn't strong and healthy, then your immune system is compromised and your gut health will suffer, too. See how everything is connected?!

#6. Key to Storage

What happens to the vitamins, minerals, and other nutrients you are eating? The liver is storing what it needs and also getting rid of what doesn't serve it. The liver delivers (say that 10 times fast!) the vitamins and minerals such as A, D, E, K to the tissues of the body that need it. When you eat for health it means you are eating to nourish each part of your body and your liver helps keep your body healthy.

#7. Key to Health

The liver also produces several important vital proteins in blood plasma that keep the body from infections and blood disorders. These proteins help form blood clots. They also work to keep the

body in perfect balance by making sure the cells of the body don't gain or lose water in essential body fluids.

Another thing your liver does is to balance your hormones. And as mentioned before, the liver helps to burn fat, keeps libido functioning, and can either speed up or slow down aging. So, if you experience things such as mood swings, low sex drive, or are aging more quickly than you should, then you might want to eat some liver-nourishing real organic foods!

As you can see, the liver is a VIP! After reading this, I hope you won't take your liver for granted again. I also hope you took some sips of filtered H₂O and began to think of how you can change your lifestyle to support a healthy, happy liver to live a healthy and happy life!



Sarah Stanley is a wellness educator, endurance athlete, speaker, author, and founder of #wellnesschat & {wellprint}. Passionate about healthy living, Sarah lives what she speaks about, practicing a whole foods, plant-based lifestyle that fuels her ultrarunning adventures. Her goal is to empower others to be knowledgeable about what they put in & on their body so they can live healthy, disease-free and happy life. She's been featured in SELF, SHAPE, Ladies' Home Journal and Washingtonian. Find Sarah on Twitter (@SarahStanley), G+ (+SarahStanley) and visit SarahStanleyInspired.com to start your wellness journey today!

Sources:

- (1) <http://health.howstuffworks.com/diseases-conditions/cardiovascular/cholesterol/how-the-body-uses-cholesterol.htm>
- (2) <http://authoritynutrition.com/how-many-eggs-should-you-eat/>
- (3) Campbell-McBride, 2010