

# Red Clover

## Essentials for Healthy Living

# MARKET

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## Liver Health & Healing

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Published by

**Dolphin Printing**  
& Publishing

801 Ingraham Ave.  
Haines City, FL 33844  
1-800-713-2802

Volume 11, No. 12  
December 2007

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Your liver may be the last thing you're thinking about right now. But, the truth is, having a healthy liver is critical to your vitality. Your liver is your body's main organ of detoxification, filtering out toxins at a rate of over a quart of blood per minute. More than any other organ, the liver enables you to benefit from the food you eat. It manufactures bile to digest fats and prevent constipation. It's a vast storehouse for vitamins, minerals, and enzymes that it releases as needed to build and maintain healthy cells.

Did you know that the health of your liver is related to your immune strength? The liver is responsible for more than 1500 functions that directly maintain your immune system. It produces interferon, the body's natural germ killer, which activates white blood cells that destroy and eliminate disease-causing toxins. It's also intricately involved with hormone balance because it's the liver's job to metabolize hormone excesses that lead to body imbalance and disease.

Unfortunately, since the Standard American Diet (SAD) is high in calories, fats, sugars, and alcohol, with unknown amounts of toxic substances from preservatives, pesticides and nitrates, almost everyone has some degree of liver stress. Further, exposure to the hepatitis virus is increasingly common and can lead to major liver breakdown.

Hepatitis C has reached epidemic status, with 3.9 million infections in the U.S. alone.

It's the leading cause of cirrhosis, liver cancer and the need for liver transplant. The chances of getting hepatitis C from a needle prick are about 1 in 100. Medical workers are at high risk, and almost 90% of intravenous drug users are infected. Yet, hundreds of thousands of people with hepatitis C aren't in any high risk group, leading experts to theorize the disease may have triggers we haven't discovered yet.

Look for the following liver exhaustion signs and symptoms: unexplained fatigue, depression; a distended stomach even if the rest of the body is thin; frequent colds and flu; dark circles under the eyes; food and chemical sensitivities; PMS; nausea and shakes; and liver spots or skin itching. Anemia, large bruise patches, and jaundiced skin can indicate severe liver exhaustion. If your body is showing any of these signs, please seek advice from a health professional. Hepatitis can be diagnosed through specific blood tests. Following a safe and gentle liver detoxification program a few times a year is a good choice to support liver health and healing.

### Healthy Healing Liver Detox (a 3 day cleansing program)

Tips: Make the juices fresh whenever possible for the best cleansing results. Drink plenty of water throughout each day to flush out toxins and fight detox fatigue.

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