

# Natural Help 4...

## The Liver



### What are Liver Diseases?

The liver is the second largest organ in the body, and is often seen as the most important one. In traditional Chinese medicine, for example, a [healthy liver](#) is seen as the most critical element in the **body's ability to fight disease** and function optimally.

Amongst other important functions, the liver is responsible for **eliminating and detoxifying the poisons that enter our blood stream**. It also produces bile, which is essential in the breakdown of fats, and is the organ which stores Vitamin A, D, E, and K.

Environmental pollution, fast foods, drugs, alcohol and sedentary lifestyles all **contribute to sluggish and diseased livers**. The result of a diseased liver are depressed immune systems, constant fatigue, obesity, sluggish digestive systems, allergies, respiratory ailments, and unhealthy skin-- among many other health problems.

### Composition of the Liver

The liver is comprised of two main halves or lobes which in turn are made up of thousands of these lobules. The lobules are connected to small ducts that connect with larger ducts to form the hepatic duct. The hepatic duct carries the bile produced by the liver cells to the gallbladder and duodenum, which is the first part of the small intestine.

The liver is located in the upper right-hand segment of the abdominal cavity, under the diaphragm and on top of the stomach, the right kidney and the intestines. The liver is triangular-shaped, spongy and a dark reddish-brown in appearance. It weighs about three pounds (1.36kg) in a healthy adult. The liver holds approximately one pint (13 percent) of the body's blood supply at any one time.

Blood is supplied to the liver via circulation through two distinct sources: the hepatic artery and the portal vein. The hepatic artery supplies oxygen-rich blood from the aorta which is a major vessel from the heart. The portal vein supplies nutrient-rich blood from the small intestine. These blood vessels subdivide in the liver continuously, until they end up in very small capillaries. Each capillary leads to a lobule. Liver tissue is composed of thousands of lobules, and each lobule is made up of hepatic cells, the basic metabolic cells of the liver.

### Function of the Liver

The liver has multiple functions. It regulates most chemical levels in the blood and excretes a product called bile, which helps to break down fats in the food you eat,

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preparing them for further digestion and absorption. The **liver processes all the blood leaving the stomach and intestines**. It breaks down the nutrients and drugs in the blood into forms that are easier for the rest of the body to use or excrete.

## Primary Functions of the Liver

- Production and excretion of bile which helps carry away waste and break down fats in the small intestine during digestion.
- Production of certain proteins for blood plasma
- Production of cholesterol and special proteins to help carry fats through the body
- Metabolism of fats, proteins, and carbohydrates
- Conversion of excess glucose into glycogen for storage
- Regulation of blood levels of amino acids (the building blocks of proteins)
- Removal of ammonia from the body and production of blood proteins
- Storage of glycogen, vitamins A, D, E and K and minerals
- Enzyme activation
- Processing of hemoglobin for use of its iron content
- Synthesis of plasma proteins, such as albumin, and clotting factors
- Blood detoxification and purification (removal of drugs and other poisonous substances from the blood)
- Regulating blood clotting
- Resisting infections by producing factors to assist the immune system and removing bacteria from the blood stream

## Diagnosing Liver Disease

There are many diseases that may affect the liver and they include:

- Liver cancer
- Fatty liver
- Wilson's disease
- Hepatitis
- Hemochromatosis
- Cirrhosis

The liver is responsible for so many of life's vital functions, and we cannot live without our liver functioning at sufficient capacity. Alcohol and many **pharmaceutical drugs can affect the metabolism of the liver**, and if this continues for long periods of time, your health will be endangered. A common sign of a damaged liver is jaundice, a yellowness of the eyes and skin. [Jaundice](#) occurs when bilirubin, a yellow breakdown product of your red blood cells, builds up in the blood

## Help for Liver Diseases

Prevention is the best and most important [treatment for liver disease](#). Treatment involves addressing the underlying causes and minimizing further damage. There are **vaccines available for hepatitis A and B**, but these episodes can be prevented by avoiding the risk factors that lead to them spreading. Many specific medications may be prescribed, and in severe cases, surgery such as a liver transplant may be required.



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## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Use *Silybum marianus* (Milk Thistle) to **protect the liver from damage by viruses and toxins**, including alcohol and drugs. It is also a potent antioxidant, and laboratory studies indicate it may have useful anti-cancer properties. *Taraxacum officinale*, more commonly known as Dandelion, has a beneficial effect on the liver and digestive system.

It is considered a very effective general tonic and is known to improve bile flow and **reduce inflammation associated with hepatitis and cirrhosis**. In addition, *Verbena officinalis* treats inflammation of the gallbladder and is also used for jaundice. It is also well-known for its ability to relieve tension, stress and mild depression.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or

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natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**Liver Dr.:** Support liver health and functioning naturally



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At Native Remedies, we recognize the vital importance of liver health – for quality of life and wellbeing, as well as for maintaining the important **liver functions of detoxification** and protection via healthy immune systems. For this reason, together with the experts, we developed Liver Dr. to address these important health needs.

Liver Dr. is a 100% herbal remedy containing herbs known for their ability to **support the functioning of the liver**, thereby improving overall systemic health.

Apart from their beneficial effect on the liver, the herbs chosen for Liver Dr. also have other important therapeutic benefits, which further contribute to a healthy body and better quality of life.

Liver Dr. comes in concentrated and easy to use tincture form and is formulated to be easily absorbed into the system.

[Learn more about Liver Dr.](#)

Read the testimonials for these quality products [here!](#)

### **Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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