



Herbs Etc.

How the Liver Affects Headaches, Allergies, and Energy, by Amy Jo Howard

The liver is truly a remarkable organ. It is the largest organ within the human body and has over 5000 functions. Some of its key functions include secreting bile for fat digestion; synthesizing plasma proteins which play an important role in blood volume and blood coagulation; storing many substances such as glycogen, vitamins A, D, E, and K, and vitamin B12; detoxifying toxic and harmful substances; excreting substances such as bilirubin and cholesterol; helping to regulate blood glucose levels; metabolizing fats and proteins; and destroying harmful bacteria.

As you can see, the liver is a very busy organ, and when it has a hard time doing its job (usually because we've created added stress for it by not eating healthily, drinking enough water, etc.), it will give us a sign that it needs attention. One of those signs is a headache. Chronic head-

aches are a signal of liver congestion. Also, headaches where the pain is concentrated in the occiput, or back of the head, especially relate to the liver.

Allergies can be yet another sign that the liver needs some cleansing. Remember, one of the functions of the liver is to detoxify the body from harmful substances. However, if the liver already has more substances to detoxify than it can handle, the "excess" substances are noted by the body's immune system as foreign invaders and develop into what we call allergies. By cleansing the liver and ensuring that its detoxification ability is working properly, the symptoms of allergies will diminish and with enough hard work, disappear.

You guessed it—low energy is a major sign of liver imbalance. If you had over 5000 tasks to do, imagine how hard you would have to work. Now imagine

that while working, someone comes in and unloads a dumpster full of trash in your office. And, you're so incredibly thirsty, but there is no water. And... Do you get the picture? This is what happens to the liver. It is trying to do all its work, but if we are not assisting by taking our trash out, giving it the nutrition it needs to function, drinking the water it requires, etc., then the liver cannot do those jobs and becomes sluggish. Consequently, we feel the effects of the liver not performing optimally, and we start to realize the effects of the underlying imbalances, and it makes us feel physically tired.

So, the liver is a very important organ, and when it is in need of being cleansed, it can affect us in a lot of different ways. Read the other articles in this newsletter to find some cleansing ideas for you, and when you do your **SPRING CLEANING**, don't forget your liver!



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Herbal Highlight: Gallbladder Formula

Indigestion? Heartburn? Bloating in your mid-section? Pain between your shoulder blades? Trouble with losing weight? Watery stools? Inability to sit still? High cholesterol? It's time to clean your gallbladder!

The Gallbladder Formula is a blend of herbs to support the digestive system, specifically the gallbladder. It contains **Oregon grape** (good for circulation, cleaning blood and lymph system); **ginger** (good overall digestive aid and aids in cleansing the gallbladder and liver); **cramp bark** (helpful for cramping pains due to liver and gallbladder congestion); **fennel** and **peppermint** (digestive aids that are soothing to upset abdominal organs); **wild yam** (helps to relieve inflammation); and **catnip** (helps digestion and is soothing).

This herbal blend is most effective when taken prior to gallbladder or liver cleanses. In this way, it helps to start softening, loosening, and breaking up gall stones, blockages in the bile ducts, and other liver toxins so that during cleanses, you will see more results.

The usual protocol for this blend is one with each meal if your bowels already move two or more times per day. If your bowels move less than two times per day, then consider taking two with each meal. You can begin this formula two weeks prior to starting a cleanse or even the first day you begin a liver flush. For those not wishing to do a flush, simply taking a gallbladder formula as described above over a two-month period will serve as a mini-cleanse for the liver and gallbladder area. By the way, even if you do not have a gallbladder, this is a great formula as it will lessen the workload for the liver.

Oil Highlight: JuvaFlex

JuvaFlex is an essential oil blend designed to cleanse as well as build the liver and gallbladder. It also helps to detoxify the lymphatic system and improve the breakdown of fats. Some have noted that it helps relieve addictions to food, alcohol, and even smoking. This may be due to the fact that on an emotional level, it helps release distress and anger as these are commonly associated with liver and gallbladder trouble.

The reason JuvaFlex works so well is that it is a blend of six potent essential oils: **fennel** (improves digestive function as well as breaking up fluids and toxins in the liver and abdominal area and helps balance hormones); **geranium** (for hormone balance, releasing stored emotions and opening bile ducts in the gallbladder and liver); **rosemary** (reduces mental fatigue, balances heart function, and decongests the liver); **Roman chamomile**

(neutralizes allergies, discharges poisons from the liver, is calming and removes fear); **blue tansy** (cleanses the liver and lymphatic system); and **helichrysum** (improves circulation functions, regenerates tissue, stops internal bleeding, and helps to remove anger allowing one to move into true forgiveness). Apply two drops of JuvaFlex oil directly over the liver/gallbladder area daily or apply one drop to liver points on feet.

Homeopathic Highlight: Cina, by Amy Jo Howard

The homeopathic remedy Cina is most often used to help rid the body of worms, especially pinworms. It is also a remedy that is more predominantly used during childhood. The person needing this remedy is extremely restless and irritable and can become frantic. This person cannot stand to be touched, looked at, or held. He/She may even strike, pinch,

or scratch other people in anger and frustration. Other signs that this remedy may be needed are convulsions, a pale face, a tendency to yawn, grinding of the teeth, and picking of the nose. There may be cramping and diarrhea, and this person will want to lie with the knees pulled in to the chest. He/She will have many food cravings, but eating will not satisfy

them. Coughing can lead to gagging, especially in the morning. In children, there can also be night terrors as well as screaming and talking during sleep. If some of these symptoms seem to fit you or someone you know, consult a naturopath or homeopath before deciding upon which homeopathic potency to take and how often to take it.

Book Highlight: "Liver Cleansing Handbook" by Amy Jo Howard

The "Liver Cleansing Handbook" is an informative guide on how to keep your liver healthy. Based on the fact that a healthy liver is essential in preventing disease and achieving optimal health, this booklet helps you determine when your liver is overloaded and gives ideas and information on what you can do to heal it.

You will learn how to eliminate toxins, rejuvenate your liver, overcome tiredness, and energize your life! First the book outlines liver distress signals, such as high

blood pressure, high cholesterol, weight gain, hot flashes, and irritability.

Then it details the liver's role in weight loss and provides a liver cleansing menu, which includes foods to eat, foods to avoid, and healthy recipes such as "Banana-Apple Muesli," "Lemon and Dill Broccoli Florets," and "Spreadable Cashew Cheese."

Next learn safe ways to eliminate toxins and which herbs are best for your liver.

One suggestion is a tasty liver-cleansing vegetable juice that combines anti-oxidant-rich root vegetables and greens:

- 3 medium size carrots
- 1 medium size beet root
- 3–4 dandelion leaves
- small piece of ginger
- 1 or 2 large celery stalks

Juice all ingredients according to the directions for your juicer.

Drink immediately. Serves one.

The Lemonade Fasting Cleanse by Becky Fodor

The purpose of this cleanse is to dissolve and eliminate toxins and congestions, cleanse the kidneys and digestive system, purify glands and cells, remove unusable waste and hardened materials in the joints and muscles, relieve pressure and irritation of the nerves, arteries, and blood vessels, build a healthier blood stream, and keep youth and elasticity regardless of your age!

When to use it:

- For acute and chronic conditions

- When the digestive system needs a rest or cleaning
- When weight has become a problem
- When better assimilation and building of body tissue is needed

Follow the cleanse for a minimum of 10 days up to 40 days (although any amount of time is beneficial). This fast can be done 3 or 4 times a year to keep the body in a normal healthy condition.

How to make it:

- 2 T lemon or lime juice (freshly squeezed)
- 2 T genuine maple syrup
- 1/10 † cayenne pepper (or 2 capsules of capsicum per day)
- 16 oz. water, spring or purified

Blend together and drink 4-6 glasses daily during the waking period. As you get hungry, have a glass of this lemonade. Also, drink plain water.

Ask us at Herbs Etc. for more information! 989 773-3636

Colon Hydrotherapy by Amy Jo Howard

Colon Hydrotherapy is an excellent way to cleanse the body. By cleansing the colon, you help the entire body cleanse. When the colon is clean, it opens up the pathway for the other organs to release their wastes, including the liver. Some signs that a colon hydrotherapy session would be beneficial for you are: constipation, bad breath, abnormal body odor, dark circles under the eyes, low energy, cold hands and feet, sagging posture, indigestion, chronic headaches, asthma, depression, and backaches.

This therapy involves inserting a

small tube (it is no larger in diameter than a regular sized pencil) about an inch into the rectum. Then, UV-filtered, temperature-controlled water passes through the tube into the colon. The water allows hardened fecal material to loosen from the lining of the colon wall. It also encourages natural peristaltic action to promote the elimination of waste materials and more regular bowel movements. All of this further enables the body to expel unfriendly bacteria and parasites, making the colon an overall healthier environment. The entire process can be quite

relaxing, and afterward, it feels just like you've taken a nice refreshing shower—on the inside!

Additional benefits include loosening of mucus in the sinuses and lungs, better posture, headache relief, more energy, less gas and bloating, and abdominal softening and reduction. An average Colon Hydrotherapy session lasts 45 minutes to an hour. Usually a series of six sessions, once a week for six weeks, is recommended.

Call today for an appointment!
989 773-3636

Home Remedy: Gallbladder and Liver Flush

1. Freshly squeeze some citrus fruits such as grapefruit, oranges, lemons, and limes to make 11 ounces of juice. This will have a slightly sour taste, which is good, as bitter tasting fruits and vegetables stimulate the flow of bile from the liver and gallbladder. Dilute this juice with 7 ounces of filtered water.
2. Finely grate one to two cloves of fresh garlic and half a teaspoon of fresh ginger-root, and then press in a garlic press to make juice. Add this juice to the water and citrus juice mixture. Garlic and ginger are liver cleansing, and garlic contains sulfur compounds that the liver requires for its detoxification enzymes.
3. Pour 11 ounces of cold pressed good quality olive oil into a warm glass.
4. Every fifteen minutes, swallow three tablespoons of the citrus juice mixture and three tablespoons of the olive oil. Try to relax in between these 15-minute intervals. Some people find it beneficial to lie down on their right side with a hot water bottle over the liver area, which helps to dilate the bile ducts to allow the passage of small stones and sludge from the gallbladder. Others prefer to sit in a warm bath, which also helps to dilate the bile ducts.
5. If you desire, collect all your bowel actions (they may be loose and messy) into a bucket and when the flush is over, place them in a large strainer or colander and run tap water over them. You will probably find many greenish stones/gritty sludge around the size of a lentil or slightly larger. There may also be some large soft stones full of fatty cholesterol. Some people may not want to collect their bowel actions and are content to hear the stones clanging as they land in the toilet bowl!

Testimonial: All Those Stones by Bessheen Baker

I can't say I was aware of having any gallbladder problems—no indigestion, no heartburn, no trouble with certain foods. Actually, I felt pretty healthy for a 24-year-old.

Then while working with a wonderful 40-year-old client who was suffering from gallbladder trouble, we decided a flush was a great way for her to clear up the intense and painful symptoms. She did not want the gallbladder removal surgery her medical doctor was offering. When I explained the gallbladder/liver flush to her, she was a little intimidated by the fasting and asked if I had tried the flush.

Gosh no! I had never thought to do it. I was health-conscious and

still young... Sure, I ate some junk food occasionally, a fair amount of French fries and pizza in college, but that isn't *that* bad. However, I did the fast first, just to experience it, to try things before suggesting them to clients.

Wow! I had no idea. For two days I fasted on apple juice and water, took the gallbladder formula at 2 caps 3x a day and hydrangea capsules to soften the hardened bile at 4 caps 3x a day. Then, I drank 4 oz of fresh lemon juice and 4 oz of olive oil, went right to bed, and lay down on my right side with my knees to the chest. The drink was a bit of a challenge, but it was over with, and in the morning I could eat again!

Well, at 2:00 am I woke up

nauseated and headed for the bathroom where I quickly released some very powerful diarrhea, during which time I broke into a cold sweat.

Much to my amazement I counted over 200 little stones—some bright green, others pale, and some brown all floating in the toilet. My gall bladder and liver needed a cleaning after 24 years.

I was so amazed that I woke up my husband for verification. For the next week I carried 20 of the stones around in a jar to show clients.

The 40-year-old client followed along and never needed her gallbladder removed. She still does the cleanse every spring and fall.